

RECIPES



we love to cook

FAVORITE RECIPES PRESS® INDIVIDUALIZED COOKBOOKS

**COOCH'S BRIDGE
CHAPTER
NSDAR**

NEWARK, DELAWARE

(from the DAR RITUAL BOOK)

To perpetuate the memory and the spirit of the men and women who achieved American Independence; to promote the development of an enlightened public opinion; and to foster patriotic citizenship; - these are the objects of our Society, Daughters of the American Revolution.

AMERICAN'S CREED

I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign Nation of many sovereign States; a perfect Union, one and inseparable, established upon those principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my country to love it; to support its Constitution; to obey its laws; to respect its flag; and to defend it against all enemies.

WILLIAM TYLER PAGE

This Book is lovingly dedicated to three of our dearest members, who are no longer with us:

ANNE GALLAGHER

ELIZABETH MACLARY

ELIZABETH COLEMAN

HOMEMAKERS' GUIDES TO CREATIVE COOKING

No two households are exactly alike, yet every homemaker is faced with the same goal: to serve appetizing and wholesome meals to her family that are within her time schedule and household budget. Moreover, what every family prefers is different. Some are strictly meat-potatoes-and-gravy lovers, others like soup and sandwich meals, while still others want light meals of salad, broiled lean meat, and fresh fruit. In considering what her family likes, the homemaker still strives for variety in flavor plus nutritious food combinations.

Creative meal planning and wise grocery shopping are most important to assure variety and excitement at the dinner table. Yet, there is hardly an experienced cook who hasn't found herself "in that same old rut" in the kitchen. She finds herself buying the same foods, preparing the same meals, and slipping away from weekly bargain hunting, seasonal buying, and trying new recipes. When she returns to these tricks, mealtime becomes interesting again, the compliments roll in once more, and she knows that her time and money are well spent.

Menu Planning is the first and most important step towards both a balanced diet and a balanced food budget. It is typical to plan one week's menu at the time, and certainly no less than three or four days at a time. Meat and meat substitutes (protein foods) are usually at the center of each day's main meal, complemented by vegetables and fruits, side dishes, bread and dessert. Each day's menu should include the suggested minimum amounts from the Basic Four Food Groups.



THE FOUR BASIC FOOD GROUPS

SQUARE MEALS FOR HEALTHY FAMILIES

1. Milk and Milk Products



The right amount of these foods provides nutrients to build and repair bones and teeth.

Milk: fluid, whole, evaporated, skim nonfat dry, buttermilk; Cheese: cottage, cream, Cheddar; Yogurt, Ice Cream.

Daily Requirements:

- 3 or more 8-ounce cups of milk for children
- 4 or more 8-ounce cups of milk for teen-agers
- 2 or more 8-ounce cups of milk for adults
- 4 to 6 8-ounce cups of milk for pregnant and nursing women

Substitutions:

Each of the following is equivalent to an 8-ounce cup of milk:

- 1 pound cream cheese
- 3/4 pound creamed cottage cheese
- 1 pint ice cream
- 1 1/3 ounces process Cheddar-type cheese

2. Meat, Poultry and Fish



Foods in this group provide nutrients essential to build and repair body tissues.

Beef, veal, lamb, pork, variety meats (heart, liver, kidney, etc.), assorted luncheon meats, poultry, game, seafood, fish and shellfish

Daily Requirements:

2 or more servings (2 to 3 ounces each) of lean cooked meat, poultry or fish.

Substitutions:

Each of the following is equivalent to one serving of meat, poultry or fish:

2 eggs

1 cup dried peas, beans or lentils

4 tablespoons peanut butter

3. Fruits and Vegetables



Foods in this group provide essential vitamins and minerals.

Citrus fruits, fruit juices or vegetables — grapefruit, oranges, lemons, limes, strawberries, cantaloupes, tomatoes, green or red peppers; dark green and bright yellow fruits and vegetables — apricots, carrots, okra, chard, collards, mustard greens, spinach, winter squash, turnip greens, sweet potatoes, string beans, broccoli; potatoes and other fruits and vegetables — bananas, apples, beets, cauliflower, celery, onions, corn, cucumbers, dates, eggplant, parsnips, peaches, pears, plums, prunes, rhubarb, rutabagas, summer squash, berries, cherries, artichokes.

Daily Requirements:

4 or more servings

Each of the following is equivalent to one serving:

1/2 cup vegetable or fruit

1 medium apple, banana, orange or potato

1/2 medium grapefruit or cantaloupe, etc.

4. Breads and Cereals



Foods in this group are valuable as a source of roughage and calories.

Breads — whole grain, enriched or restored flour, crackers and baked goods made with whole grain or enriched flour.

Cereals — cooked and ready to eat, corn meal, grits, macaroni, spaghetti, rice, noodles.

Daily Requirements:

4 or more servings

Each of the following is equivalent to one serving:

1 slice bread

1 ounce ready to eat cereal

1/2 to 3/4 cup cooked cereal, rice, macaroni, etc.

AN EASY PLAN FOR A BALANCED DIET

In most cases, variety in the colors and textures of the foods in one day's menu plan assures proper nutritional balance, and heightens eye and taste appeal, as well. Remember, the milk, eggs, cheese, fruit, and other basic foods used in casseroles, baking, in desserts, and in other such food combinations are a definite contribution to achieving a balanced diet.

The **Food Quantities For One Week Chart** on the following pages suggests the amounts of foods necessary for one week of balanced nutrition. It can also serve as a handy guide to wise grocery shopping.



Imaginative and careful grocery shopping is as much an art as good cooking is, and it never fails to reflect the time and attention you put into it. A well-planned and appetizing menu, whether it is fancy or plain, can cost a careless shopper much more than it costs a careful one because there are so many ways to buy food – frozen, canned, fresh in season, and so forth. Yet, it is really very easy to buy wisely, quickly, and with the best for delicious results!

- * Plan the coming week's menus, using a cookbook and food ads for weekly and seasonal specials as a guide.
- * Make a detailed shopping list of needed foods from the menu plan, as well as for supplies that are low. When in the store, **STICK TO YOUR LIST**. Impulse buying can turn smart menus and wise budgets into shambles.
- * Eat before going to the grocery store, as hunger is another cause of expensive and wasteful impulse buying.
- * Shop and compare in several stores if possible. Of course, this is not always possible, but it does allow the greatest variety at the best prices.
- * **ALWAYS** compare prices per serving between fresh, frozen, and canned foods, as well as between varieties of meat, poultry, and fish. Of course, this practice saves money, but it also assures the variety and appeal you want at the table.
- * Read the label on food containers. A less expensive item is really no bargain if its nutrition, taste, and appearance does not compare with the more expensive item.



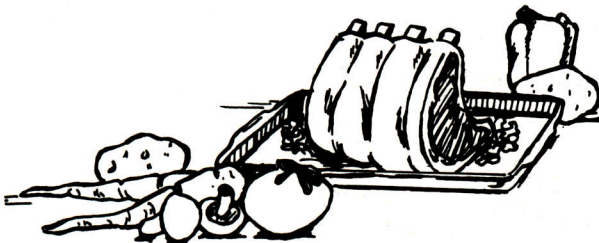
FOOD QUANTITIES

Kinds of Foods	For Children 1 to 6 Years	For Children 7 to 12 Years	For Girls 13 to 19 Years
Milk, and milk equivalents	6 quarts	6-6 1/2 quarts	7 quarts
Meat, poultry, fish ³	1 1/2-2 pounds	3-4 pounds	4 1/2 pounds
Eggs	6 eggs	7 eggs	7 eggs
Dry beans and peas, nuts	1 ounce	2-4 ounces	2 ounces
Grain products — Flour and Cereal Whole grain, enriched, or restored	1-1 1/2 pounds	2-3 pounds	2 1/2-3 pounds ⁴
Citrus fruits, tomatoes	1 1/2-2 pounds	2 1/2 pounds	2 1/2 pounds
Dark-green and deep- yellow vegetables ⁵	1/4 pound	1/2-3/4 pound	3/4 pound
Potatoes	1/2-1 pound	1 1/2-2 1/2 pounds	2 pounds
Other vegetables and fruits	3 1/2 pounds	5 1/2 pounds	6 pounds
Fats, oils	1/4-1/3 pound	1/2-3/4 pound	3/4 pound
Sugars, sweets	1/4-2/3 pound	3/4 pound	3/4 pound

1 When a range is given, unless otherwise noted the smaller quantity is for younger children, for adults over 55, or for pregnant women.

2 1 1/2 pounds of bread and baked goods equal 1 pound of flour.

3 To meet the iron allowance needed by children 1 to 6 years, girls 13 to 19, and pregnant and nursing women, include weekly 1 large or 2 small servings of liver or other organ meats.



FOR ONE WEEK¹

For Boys 13 to 19 Years	For Women		For Men, All Ages	Total Suggested For Your Family
	All Ages	Pregnant and Nursing		
7 quarts	3 1/2 quarts	7-10 quarts	3 1/2 quarts	
5-5 1/2 pounds	4-4 1/2 pounds	4-5 pounds	5-5 1/2 pounds	
7 eggs	6 eggs	7 eggs	7 eggs	
4-6 ounces	2 ounces	2 ounces	2-4 ounces	
4-5 pounds	2-2 1/2 pounds	2-3 pounds	3-4 pounds	
3 pounds	2 1/2 pounds	3 1/2-5 pounds	2 1/2-3 pounds	
3/4 pound	3/4 pound	1 1/2 pounds	3/4 pound	
3-4 pounds	1-1 1/2 pounds	1 1/2-3 pounds	2-3 pounds	
7 pounds	4-6 pounds	6-6 1/2 pounds	5-7 pounds	
1-1 1/4 pounds	1/2 pound	1/2-3/4 pound	3/4-1 pound	
1-1 1/4 pounds	1/2-1 pound	3/4 pound	1-1 1/2 pounds	

4 The larger quantity is for the younger girls.

5 If choices within the group are such that the amounts specified are not sufficient for suggested serving amounts, increase the amounts and use less from the "other vegetables and fruits" group.



THE IMPORTANCE OF LABELS

READ BEFORE YOU BUY

Nutrition labeling is probably one of the greatest services that food manufacturers have provided for the consumer in many years. As food gets more and more expensive and as families become more health conscious, homemakers need to know the food value they are receiving for every dollar they spend. Look for the U. S. RDA information on food packaging labels.

Every homemaker should know that The United States Food and Drug Administration has determined how much of every key nutrient is needed by the average healthy adult, well known as the Recommended Daily Dietary Allowance (RDA). The U. S. RDA reflects the highest amounts of nutrients for all ages and sexes. Pregnant women, nursing mothers, small children and teen-agers, as well as persons with special dietary needs should consult with a doctor for any recommended increases or decreases in their daily diet.

UNITED STATES RECOMMENDED DAILY ALLOWANCE CHART

Protein	45-65 Grams
Carbohydrates	125 Grams
Vitamin A	5,000 International Units
Thiamine (Vitamin B ₁)	1.5 Milligrams
Riboflavin (Vitamin B ₂)	1.7 Milligrams
Vitamin B ₆	2 Milligrams
Vitamin B ₁₂	6 Micrograms
Folic Acid (B Vitamin)	0.4 Milligrams
Pantothenic Acid (B Vitamin)	10 Milligrams
Vitamin C (Ascorbic Acid)	55-60 Milligrams
Vitamin D	400 International Units
Vitamin E	30 International Units
Iron	18 Milligrams
Calcium	1 Gram
Niacin (Nicotinic Acid)	13-20 Milligrams
Magnesium	400 Milligrams
Zinc	15 Milligrams
Copper	2 Milligrams
Phosphorus	1 Gram
Iodine	150 Micrograms
Biotin (Vitamin H)	0.3 Milligrams



MEATS, POULTRY, AND SEAFOOD

MAIN DISH MAGIC

The meat usually makes the meal, whether the menu features beef, pork, seafood or poultry. And so it should be, as no other food supplies the high-quality protein that is provided by various meats. A knowledgeable homemaker and hostess knows how delicious a main dish meat will be even before it is cooked, and that its appearance and aroma will tantalize every appetite. Most cooks also enjoy garnishing meat dishes — for that extra touch of genius. Meats are most beautifully complemented with colorful garnishes of fruits and vegetables — onion and pepper rings, orange and lemon twists, carrot curls, melon balls, bunch grapes, and so forth. Garnishes should be chosen not only for their color, but for texture and flavor accents as well.













































HOW MUCH TO BUY			
Meat		Weight or Measure	No. of Servings
BEEF	Porterhouse Steak	1 pound	2
	Round Steak	1 pound	3-4
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4-6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1-2
	Stew Meat	1 pound	4-5
	Hamburger	1 pound	4
PORK	Pork Chops	3 chops per pound	3
	Pork Roast (bone in)	2 pounds	4-6
	Spareribs	1 pound	1-2
	Sausage	1 pound	4
HAM	Sliced Ham	1 pound	4
	Half Ham	6 pounds	18
	Whole Ham	10 pounds	30
VEAL	Chops	3 chops per pound	3
	Cutlet	1 pound	3-4
	Roast	2 pounds	6
LAMB	Lamb Chops	4 chops per pound	2
	Shoulder	2 pounds	4-6
	Leg	4 pounds	8-10
POULTRY	Chicken		
	Broilers	1 to 2 1/2 pounds	2-3
	Fryers	2 1/2 to 3 1/2 pounds	3-5
	Roasters	2 3/4 to 7 pounds	4-10
	Turkey	8 pounds	16

HOW MUCH TO BUY

	Meat	Weight or Measure	No. of Servings
FISH	Fillet	1 pound	4
	Steaks	1 pound	3
	Whole Fish	1 pound	1
SHELLFISH	Lobster (cooked meat)	1 pound	2
	Lobster (tails)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5-6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6

Because meats take a substantial part of the food dollar, they should be chosen carefully, stored properly, and cooked to perfection. In buying beef, pork and poultry, look for The U. S. Department of Agriculture stamps of quality and grade. Whole-some, high quality beef will be a dark red color, well marbled with a fine-grained texture. Veal will be firm-bodied and have a fine texture with a pink color. Pork will have a pink color and be fine textured, with a firm layer of white fat. All fresh beef and pork can be stored in the coldest part of the refrigerator for 2 to 5 days, if wrapped in waxed paper or plastic wrap. If frozen, it should be thawed in the refrigerator, if possible and cooked immediately. Do not refreeze.


































RETAIL BEEF CUTS AND HOW TO COOK THEM

 Chuck Short Ribs		 Standing Rib Roast		 Pin Bone Sirloin Steak		 Round Steak	
 Chuck Tender		 Rib Steak		 Flat Bone Sirloin Steak		 Top Round Steak	
 Blade Pot roast or Steak		 Rib Steak, Boneless		 Porterhouse Steak		 Rolled Rump	
 Arm Pot roast or Steak		 Top Loin Steak		 Wedge Bone Sirloin Steak		 Outside (Bottom) Round Steak or Pot roast	
 Boneless Shoulder Pot roast or Steak		 Deionico (Rib Eye) Roast or Steak		 Filet Mignon		 Eye of Round	
 Boston Cut		 Tenderloin Steak (also from Sirloin 1, 2, 3)		 Boneless Sirloin Steak		 Heel of Round	
CHUCK Brase Cook in Liquid		RIB Roast Broil Panbroil Pantry		SHORT LOIN Roast Broil Panbroil Pantry		SIRLOIN Roast Broil Panbroil Pantry	
 Shank Cross Cuts		 Fresh Brisket		 Short Ribs		 Ground Beef (Flank, Short Plate, Shank, Brisket, Rib, Chuck, Loin, Round)	
 Beef for Stew (also from other cuts)		 Skirt Steak Fillets		 Flank Steak		 Tip Steak	
 Corned Brisket		 Plate Beef		 Beef Patties		 Sirloin Tip	
 Brase Cook in Liquid		 Brase Cook in Liquid		 Roast Broil Panbroil Pantry		 Brase Cook in Liquid	
 Brase Cook in Liquid		 Brase Cook in Liquid		 Brase Cook in Liquid		 Brase Cook in Liquid	

TIMETABLE FOR COOKING BEEF

CUT	ROASTED AT 300 F. OVEN TEMPERATURE		BROILED		BRAISED	COOKED IN LIQUID
	Meat Thermometer Reading Degrees F.	Time Minutes per lb.	Meat Thermometer Reading Degrees F.	Total Time Minutes	Total Time Hours	Total Time Hours
Standing Ribs	140 (rare)	18 to 20				
Standing Ribs	160 (medium)	22 to 25				
Standing Ribs	170 (well)	27 to 30				
Rolled Ribs	Same as above	Add 10 to 15				
Blade, 3rd to 5th Rib (high quality only)	150-170	25 to 30				
Rump (high quality only)	150-170	25 to 30				
Tenderloin	140-170	20 to 25				
Beef Loaf	160-170	25 to 30				
Steaks (1 inch)			140 (rare) 160 (medium)	15 to 20 20 to 30		
Steaks (1 1/2 inch)			140 (rare) 160 (medium)	25 to 35 35 to 50		
Steaks (2 inch)			140 (rare) 160 (medium)	30 to 40 50 to 70		
Beef Patties (1 inch)			140 (rare) 160 (medium)	12 to 15 18 to 20		
Pot-Roasts						
Arm or Blade					3 to 4	
Rump					3 to 4	
Swiss Steak					2 to 3	
Corned Beef						3 1/2 to 5
Fresh Beef					3 to 4	3 to 4
Stew						2 to 3

RETAIL PORK CUTS AND HOW TO COOK THEM

 Roast  Roast  Roast (bake) Cook in liquid Broil Panbroil Pantry  Broil Pantry  Pantry Braze Bake  Broil Pantry  Pantry Cook in liquid  Pantry Cook in liquid Cakes Frying	 Roast  Roast  Roast Braze Pantry  Roast (bake) Broil Cook in liquid  Roast  Roast  Broil Pantry  Broil Pantry  Broil Pantry  Broil Pantry  Broil Pantry  Broil Pantry  Broil Pantry 	 Roast (bake) Cook in liquid  Roast (bake) Cook in liquid  Roast (bake)  Roast (bake)  Roast (bake)  Roast (bake)  Broil Panbroil Pantry
 Cook in liquid Broil Panbroil Pantry  Cook in liquid Broil  Broil  Cook in liquid  Roast (bake) Broil Panbroil	 Roast  Broil Pantry  Roast  Roast  Roast (bake) Cook in liquid  Roast (bake) Cook in liquid	 Broil Panbroil Pantry Cook in liquid Bake  Roast (bake) Broil Cook in liquid  Broil Panbroil Pantry Bake  Roast (bake) Broil Cook in liquid

TIMETABLE FOR COOKING PORK

	ROASTED AT 300-350° F. OVEN TEMPERATURE		BROILED	BRAISED
CUT	Meat Thermometer Reading Degrees F.	Time Minutes Per Lb.	Total Time Minutes	Total Time Hours
FRESH				
Loin				
Center	185	35 to 40		
Ends	185	45 to 50		
Shoulder				
Rolled	185	40 to 45		
Boston Butt	185	45 to 50		
Leg or Ham	185	30 to 35		
Chops				3/4 to 1
Spareribs				1 1/2
SMOKED				
Ham				
Whole	160	18 to 20		
Half	160	22 to 25		
Shank portion	160	35 to 40		
Butt portion	160	35 to 40		
Ham Slice				
(1/2 inch)			10 to 12	
(1 inch)			16 to 20	
Picnic	170	35		
Shoulder Butt	170	35		
Bacon			4 to 5	

POULTRY

GOOD FOR YOU, AND THE BUDGET TOO!

Poultry, which was considered a special treat only a few decades ago, is now one of the best supermarket buys from the meat section. It is high in protein and low in fat and calories — and no one ever seems to grow tired of its flavor. When buying chicken, choose birds with short legs, plump bodies and white, unblemished skin. Turkeys are always a good buy, especially in November and December. Turkeys are more economical when they weigh over 16 pounds. Poultry spoils rather easily when stored fresh, and should be well wrapped in waxed paper and kept in the coldest part of the refrigerator. It is always best to thaw frozen poultry in the refrigerator. Leftover cooked poultry should be refrigerated right away, but only after any stuffing is removed and the meat is pulled from the bones. Never freeze stuffed poultry, fresh or cooked.

Game birds and waterfowl are a welcome addition to any menu, and add variety not to be found in any other food. Duck and geese are popular waterfowl; most other game birds come from the land. Before being eaten, most game birds must be cured (hung in a cool, dry place for a number of days), and then larded (bacon strips fastened across the breast). Most people fill the cavity with a bread stuffing, or at least an apple or onion to make the most of the flavor.

ROASTING CHART FOR PERFECT POULTRY

GAME BIRDS				
GAME BIRDS	READY-TO-COOK WEIGHT	OVEN TEMP. °F.	ROASTING TIME	AMOUNT PER SERVING
Wild Duck	1-2 lbs.	350°	20-50 min.	1-1 1/2 lbs.
Wild Goose	2-4 lbs. 4-6 lbs.	325°	1-1 1/2 hrs. 1 1/2-2 1/2 hrs.	1-1 1/2 lbs.
Partridge	1/2-1 lb.	350°	30-45 min.	1/2-1 lb.
Pheasant	1-3 lbs.	400°	1-2 1/2 hrs.	1-1 1/2 lbs.
Quail	4-6 oz.	375°	15-20 min.	1/2-1 lb.
Squab	12-14 oz.	350°	30-50 min.	12-14 oz.

DOMESTIC BIRDS				
DOMESTIC BIRDS	READY-TO-COOK WEIGHT	OVEN TEMP. °F.	ROASTING TIME	
			UNSTUFFED	STUFFED
Chicken	1 1/2-2 lbs.	375°	3/4 hr.	1 hr.
	2-2 1/2 lbs.	375°	1 hr.	1 1/4 hrs.
	2 1/2-3 lbs.	375°	1 1/4 hrs.	1 1/2 hrs.
	3-4 lbs.	375°	1 1/2 hrs.	2 hrs.
Capon	4-7 lbs.	375°	2 hrs.	3 hrs.
Turkey	6-8 lbs.	325°	3 1/2 hrs.	4 hrs.
	8-12 lbs.	325°	4 hrs.	4 1/2 hrs.
	12-16 lbs.	325°	4 1/2 hrs.	5 1/2 hrs.
	16-20 lbs.	325°	5 1/2 hrs.	6 1/2 hrs.
	20-24 lbs.	325°	6 1/2 hrs.	7 1/2 hrs.
Foil-Wrapped Turkey	8-10 lbs.	450°	2 1/4 hrs.	2 1/4 hrs.
	10-12 lbs.	450°	2 1/2 hrs.	3 hrs.
	14-16 lbs.	450°	3 hrs.	3 1/4 hrs.
	18-20 lbs.	450°	3 1/4 hrs.	3 1/2 hrs.
	22-24 lbs.	450°	3 1/2 hrs.	3 3/4 hrs.
Domestic Duck	3-5 lbs.	375°	1 1/2 hrs.	2 hrs.
		then 425°	15 min.	15 min.
Domestic Goose	4-6 lbs.	325°	2 3/4 hrs.	3 hrs.
	6-8 lbs.	325°	3 hrs.	3 1/2 hrs.
	8-10 lbs.	325°	3 1/2 hrs.	3 3/4 hrs.
	10-12 lbs.	325°	3 3/4 hrs.	4 1/4 hrs.
	12-14 lbs.	325°	4 1/4 hrs.	4 3/4 hrs.
Cornish Game Hen	1-1 1/2 lbs.	400°	1 1/2 hrs.	1 1/2 hrs.
Guinea Hen	1 1/2-2 lbs.	375°	3/4 hr.	1 hr.
	2-2 1/2 lbs.	375°	1 hr.	1 1/2 hrs.

THE OUTDOOR GRILL

NOTHING BEATS CHARCOALED MEATS

Usually, when families decide to cook on the grill, they think of the outdoors and sitting down to a table in the backyard. Or, they pack up and go on a picnic to the beach, the park, or the woods. But, family meals like these do not have to be limited to favorable weather because a grill works equally well in any wood burning fireplace right in the living room or den. What fun for a cold February night, and energy-saving, too, because a ten pound bag of charcoal is enough to warm an entire room for several hours. Meat kabobs, fish fillets, poultry, steaks, chops and burgers are favorites for grilling, and are all perfect reasons to cook supper on the grill, all the year through!

HOW TO LIGHT THE FIRE – THE RIGHT WAY

Every successful cookout begins with a good fire.

1. Line the grill with heavy duty aluminum foil — for faster cooking and easier clean-up later.
2. Stack the briquets in a pyramid; they'll light faster since air can circulate around them.
3. Use a good starter. Try the electric or chimney type, or choose a liquid, jelly or solid fibrous cubes.
4. Be patient! Let the briquets burn to just the right stage before adding food. Generally they'll require 20 to 40 minutes.

HOW TO JUDGE THE TEMPERATURE OF A CHARCOAL BRIQUET FIRE

- *To tell when it's cooking time:* Different brands of charcoal give off varying degrees of heat in a given time . . . thus some are ready for cooking sooner than others. In daylight, the coals are ready for cooking when they are covered by a layer of gray ash; at night they'll have a bright red glow. At this stage, spread the briquets into a single layer with tongs and place food on the grill.
- *Quick temperature test:* Hold your hand at the cooking height, palm side down. If you can keep it in position for 2 seconds, the temperature is high or hot; 3 seconds, medium-high or hot; 4 seconds, medium; 5 seconds, low.
- *To lower the temperature:* Raise the grid, or spread out the coals.
- *To raise the temperature:* Tap ash from coals, or push them closer.
- *When more coals are needed:* Add to the outer edge of hot coals.
- *If spattering fat causes flare-ups:* Put flames out by raising grid, spreading out coals, or removing a few coals. If all else fails, have a water bottle handy (remove food before sprinkling). For rotisserie cooking, place foil drip pan in front of the coals in the fire box to catch the drippings, thus eliminating flare ups before they start.

HOW TO MAKE CLEAN-UP EASY

- *Prevention:* Line the grill with heavy duty aluminum foil . . . spray the grill rack with a non-stick coating.
- *Cure:* To remove grease and grilled-on food particles, sprinkle dry baking soda on a damp sponge and scour; rinse with water/soda solution.
- *Store:* Clean after each use; then cover the grill and store in a clean, dry place.

SEAFOOD

NEPTUNE'S BOUNTY PROVIDES MENU VARIETY



Fish and seafood have always been highly prized as delectable food by those fortunate people who have access to a plentiful fresh supply.

Today, with refrigerated shipping facilities, fresh seafood is available to everyone. Within a day or two after fish and seafood are caught, they're in markets all over the country.

Why eat fish — other than its obvious good taste? Fish are especially valuable for their high content of mineral salts. For the inlander the most valuable of these is iodine, which is absolutely essential for a healthy glandular system. Most other foods are deficient in iodine.

The most important thing to remember in cooking fish is not to overcook. The fish will be moist, tender and have a delicious flavor if you cook it just until the flesh is cream-colored and flakes from the bones easily.

Handle the fish as little as possible during and after cooking since the flesh of fish is delicate and tender. Be careful not to turn the fish too many times during cooking or its appearance will be ruined. Usually once or twice is sufficient.

It is of utmost importance that shellfish be refrigerated properly because they deteriorate quickly.

Shellfish are sold in several forms — shucked, in the shell, cooked, canned and frozen. If bought in the shell, oysters, crabs, lobsters and clams should be alive.



Shucked shellfish is the meat which has been removed from shell. Freshly cooked shellfish meat is the edible part which has been picked from the cooked shellfish. This meat is highly perishable and should be refrigerated immediately after purchase.

Shrimp are sold according to size and number per pound. These counts range from jumbo shrimp with under 20 per pound, 40 small with 30 and up per pound.

Fresh shrimp are different colors, but all shrimp are pink when cooked. Shrimp are delicious when boiled, fried or broiled.

When selecting oysters in the shell, look for those with tightly closed shells. Shucked oysters should have a fresh odor and should not be slimy. To keep the delicate flavor and to avoid toughening, cook oysters only long enough to heat through. Cooking them until the "edges curl" is a good test.

There are 4 kinds of crabs commonly marketed in this country. The *blue crab* — the meat is white and tender and the claw meat is brownish tinged and is usually priced lower than the white meat of the body. The *Dungeness crab* — the meat has a pinkish cast. The *Alaskan crab* — the meat is usually taken from the legs. *Rock crab* — the meat is a brownish color. The soft-shell crab is not a distinct species. It is caught just after the crab has shed its hard shell and formed a new shell. These are considered especially good eating.

Lobsters are a particularly delicious shellfish found in the waters of New England and Florida. Live lobsters are naturally dark green in color. During cooking this natural green changes to the distinctive "lobster red."

VEGETABLES AND SALADS

CRISP, COLORFUL AND SO GOOD FOR YOU



Vegetables, whether served as a side dish or as a salad, add sparkle, color and a world of flavor and interest to mealtime — and plenty of vitamins and minerals in the bargain, as well. The best buys in your favorite vegetables are seasonal buys. Some supermarkets have very good produce, while others do not; so, your freshest, most flavorful vegetables are usually available at the local farmers' market. The nutrition and appeal of fresh vegetables will be lost if they are not properly stored and cooked. Soft, bruised or very ripe vegetables should be used promptly or thrown away, and never stored with the firm ones. Any to be stored in the refrigerator should be washed and well drained, and then placed in a plastic bag or covered container. Before cooking, fresh vegetables should be washed thoroughly, and cut or pared as little as possible with a sharp knife. They should be cooked in very little water (1/4-1/2 cup) and only until they are tender-crisp. Many cooks overcook and overseason their vegetables, which destroys not only their nutritive value, but their flavor and eye appeal, as well. When buying vegetables in the off-season, you can choose between canned and frozen vegetables. The best buy here is the one that costs the least per serving, so look for discounts and specials. Canned vegetables are the most convenient as no refrigeration is required before serving and very little actual cooking. Frozen vegetables are similar to fresh vegetables in color, flavor, and texture.

There is hardly a better way to present fresh, crisp vegetables than in an icy cold and colorful salad. The best salads start with carefully handled greens that have been fully washed and carefully dried so that the dressing will cling. Include a variety of lettuce (iceburg, romaine, endive) that are broken into large chunks in the salad, as well as other vegetables cut into generous bite-sized pieces. This will preserve their color, flavor, freshness, and identity. Lightly toss (never stir) salad ingredients to mix them, and use only enough salad dressing to coat each piece. When serving, the salad bowl and individual salad plates should be well chilled.

Don't forget that fruits are also excellent basis for delicious salads, and that fruit-vegetable combinations are another source of inspiration and excitement for the salad maker.



GUIDE TO EASY VEGETABLE COOKERY

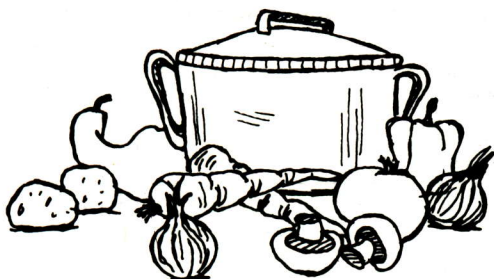
VEGETABLE	AMOUNT TO BUY	NO. OF SERVINGS	WAYS TO PREPARE	Cooking Time After Water Boils	
				FRESH	FROZEN
ARTICHOKES (April-May)	Fresh— 1 artichoke	1	Simmered in water	Until Tender	
ASPARAGUS (Mid-February)	Fresh—1 lb. Frozen—10 oz. package	2	Boiled, steamed, baked	10-20 (whole spears)	5-10
BEETS (Year-Round)	Fresh—1 lb. Canned—12 oz. can	3 to 4 3 to 4	Boiled, baked	30-45 (young) 45-90 (older)	
BROCCOLI (Year-Round)	Fresh—1 lb. Frozen—10 oz. package	3 to 4 2 to 3	Boiled, baked, raw flowerets	10-15 (stalks cut)	8-15
BRUSSELS SPROUTS (October- December)	Fresh—1 lb. Frozen—10 oz. package	3 to 4 3 to 4	Boiled, baked, stuffed	15-20	10-15
CABBAGE (Year-Round)	Fresh—1 lb.	3 to 4	Pan stirred, baked, steamed, braised, raw	3-10 (shredded) 10-15 (wedges)	
CARROTS (Year-Round)	Fresh—1 lb. Canned—16 or 17 oz. can	3 to 4 3 to 4	Steamed, braised, raw	15-20 (young, whole) 20-30 (older, whole)	5-10 (sliced)
CAULIFLOWER (September- January)	Fresh—1 med. head	4	Steamed, boiled, raw in salads	8-15 (pieces) 15-25 (whole)	5-8 (pieces)
COLLARDS (December- March)	Fresh—1 lb. Frozen—10 oz. package Canned—16 or 17 oz. can	4 to 3 2 to 3 2 to 3	Boiled	15-20	
CORN (May- September)	Fresh—1 ear Frozen—10 oz. package Canned—12 oz. can	1 2 to 3 3 to 4	Boiled, baked, steamed	5-15 (on the cob)	3-5
EGGPLANT (Late Summer)	Fresh—1 med. eggplant	4	Baked, boiled, fried, mashed	10-12	
LIMA BEANS (July- November)	Fresh—1 lb. (in pod) Frozen—10 oz. package Canned—16 or 17 oz. can	1 to 2 3 to 4 3 to 4	Boiled, dried, in soups	25-30	10-18

GUIDE TO EASY VEGETABLE COOKERY

VEGETABLE	AMOUNT TO BUY	NO. OF SERVINGS	WAYS TO PREPARE	Cooking Time After Water Boils	
				FRESH	FROZEN
OKRA (June-October)	Fresh—1 lb. Frozen—10 oz. package Canned—16 or 17 oz. can	4 3 to 4 3 to 4	Boiled, fried	10-15	8-15
ONIONS, dry (Year-Round)	Fresh—1 lb.	6 to 8	Sauteed, boiled, baked, fried	15-30	
ONIONS, fresh	1 bunch	3	In fresh salads		
PARSNIPS (Year-Round, Late Winter)	Fresh—1 lb.	2 to 3	Baked, steamed, braised in stews	20-40 (whole) 8-15 (quarters)	
PEAS (March-June)	Fresh—1 lb. (in pod) Frozen—10 oz. package Canned—16 or 17 oz. can	1 to 2 3 to 4 3 to 4	Boiled, baked	12-16	5-15
PEPPERS (red and green) (Late Summer)	Fresh—1/2 pepper	1	Stuffed, diced, chopped		
POTATOES, white (Year-Round)	Fresh—1 lb.	2 to 3	Boiled, baked, stuffed, mashed, fried, steamed	25-40 (whole) 20-25 (quarters)	
SPINACH (March-June)	Fresh—1 lb. Frozen—10 oz. package Canned—15 oz. can	2 to 3 2 to 3	Boiled, steamed, creamed	3-10	5-14
SQUASH, summer (Summer Months)	Fresh—1 lb. Frozen—10 oz. package Canned—16 or 17 oz. can	2 to 3 2 to 3 3 to 4	Boiled, fried, baked	8-15	10-12
SQUASH, winter (Fall and Winter)	Fresh—1 lb.	2 to 3	Baked, mashed, steamed	15-20 (cut up)	
SWEET POTATOES (Year-Round)	Fresh—1 lb. Canned—16 or 17 oz. can	2 to 3 3 to 4	Glazed, baked, boiled	35-55 (whole)	
TURNIPS AND RUTABAGAS (Year-Round)	Fresh—1 lb.	2	Boiled, mashed, baked	20-30 (whole) 10-20 (cut up)	

CASSEROLES

TASTE TEMPTING TIME SAVERS



Casseroles are one of the modern homemakers favorite convenience foods, even though casserole cookery is well over 200 years old. The idea for a one-pot meal is said to have originated in France, receiving its name from the French word *casse*, a utensil used by European cooks in preparing stews and other large amounts of food. The *casse* sat on the back of the stove and was the place where the cook put leftover vegetables and meats until she had created a delicious, bubbling meal-in-a-dish.

Today, casserole ingredients have gone beyond the use of leftovers, although that is one of the best uses for a casserole recipe. Now a casserole can include any ingredient from the most economical to the most gourmet, and can make a main dish, a side dish or a dessert! Casserole meals are also great time savers, as the ingredients can often be combined directly in the dish, then all put into the oven to cook and be forgotten until dinner time. How perfect for busy homemakers, anyone following a demanding career, and for the hostess who prefers to spend time with her guests rather than in the kitchen.

Many homemakers prepare enough of every casserole recipe for two meals — one to serve now and another to freeze for later. Before you know it, your freezer will become a casserole delicatessen! Guidelines to follow in freezing casseroles include:

Freeze casserole mix in foil or other freezer container if you need to keep the casserole dish in circulation.

Date each package and then use before they have been frozen too long.

Allow a frozen casserole mixture to thaw several hours before cooking, and/or allow extra reheating time.

Undercook a mixture to be frozen, so it won't overcook when it is reheated.

Do not include much fat in a freezer mixture, as it becomes rancid within about 2 months.

Salad greens, raw vegetables, potatoes, and fried foods do not freeze well, and should be added just before reheating.

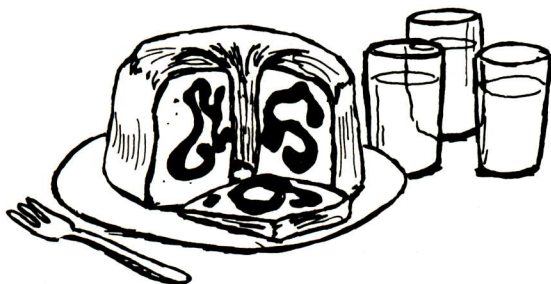
Use seasonings sparingly as onions lose their flavor and herbs and spices become stronger. Again, add these just before reheating.

Cheese, bread crumb or cracker toppings and some garnishes should also be added just before reheating, while some can be added afterwards.

Allow a casserole to freeze (at 0° F.) no longer than about 3 to 6 months, depending on the ingredients.

DESSERTS

ALWAYS IN THE VERY BEST OF TASTE



Desserts are not only a favorite with almost every family member, but they are also an excellent way to use milk and other dairy products, eggs, nuts, fruits, and gelatin — each an important part of complete and balanced nutrition. Even the calorie counter can enjoy desserts through the use of fresh fruit, sugar substitutes, nonfat milk, unsweetened gelatin, angel food cake, and sherbets.

A dessert should be chosen for the way it complements the rest of the meal. For example, a luscious and creamy chocolate cake is truly tantalizing, but still a poor choice to serve after a heavy meal of lasagne, salad and bread. The cake would go well, however, with grilled fish, coleslaw, and corn-on-the-cob. A light dessert, such as sherbet and crisp cookies would be better with the lasagne menu. Desserts take many forms, so there is always one to perfectly fit the occasion. Chilled and frozen desserts are always a hit in hot weather, while cakes and cookies are easy to handle "bring along" foods. Cookies also make excellent gifts to send through the mail, as do sweet breads and some cakes and candies. Bubbling hot fruit pies, as well as many of the rich and filling desserts, are popular cold weather desserts.

Pies and pastries are popular desserts because they are uncomplicated and delicious — and a tasty way to feature an array of wholesome ingredients. The key to any truly successful pastry is in the crust: it should be light, flaky and evenly crisp and brown. To achieve this, many cooks chill everything used in making their crusts, from the mixing bowl, pastry blender and rolling pin to the water, flour and shortening. This assures that the shortening particles won't soften as they are cut into the flour and that they will stay solid until the crust is baked. A light and quick hand in rolling the dough also keeps the crust light and flaky. Too much pressure and handling toughens the crust, so the dough should be rolled only once and patched (if necessary) quickly with iced fingers.

Pastry-Making Equipment

Pastry Blender
 Stockinette-Covered Rolling Pin
 Pastry Cloth Or Board On Which To Roll Dough
 Pastry Wheel To Cut Decorative Edges
 Pie Tape To Protect Edges From Over-Browning
 Pastry Brush, If Desired

Making good pastry may require extra care on the part of an experienced cook, but it is usually candy making that intimidates her. Homemade candy is an unequalled taste treat — as everyone knows! But it seems that there is so much that can go wrong in the making. However, even the most inexperienced cook can master the art of candy making with the right utensils, a touch of patience, and careful attention to the recipe.

Different types of candy have their own particular flavor and texture, characteristics which are determined by the "finish temperature" stated in the recipe. A candy thermometer is the most accurate way to assure that the candy mixture reaches its proper temperature, or you can use the Cold Water Test. Both are explained in the following chart:

TEMPERATURE TESTS FOR CANDY MAKING

PRODUCT	TEST IN	DEGREES F. ON CANDY THERMOMETER			
		COLD WATER* SEA LEVEL	2000 FEET	5000 FEET	7500 FEET
FUDGE, PANOCHA, FONDANT	SOFT BALL (can be picked up but flattens)	234° - 240° F.	230° - 236° F.	224° - 230° F.	219° - 225° F.
CARAMELS	FIRM BALL (holds shape unless pressed)	242° - 248° F.	238° - 244° F.	232° - 238° F.	227° - 233° F.
DIVINITY, TAFFY AND CARAMEL CORN	HARD BALL (holds shape though pliable)	250° - 268° F.	246° - 264° F.	240° - 258° F.	235° - 253° F.
BUTTERSCOTCH, ENGLISH TOFFEE	SOFT CRACK (separates into hard threads but not brittle)	270° - 290° F.	266° - 286° F.	260° - 280° F.	255° - 275° F.
BRITTLES	HARD CRACK (separates into hard and brittle threads)	300° - 310° F.	296° - 306° F.	290° - 300° F.	285° - 295° F.

* Drop about 1/2 teaspoon of boiling syrup into one cup water, and test firmness of mass with fingers.

Candy-Making Equipment

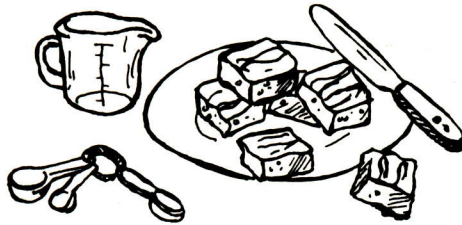
Large Boiler That Can Hold 4 Times That Of The Recipe

Candy Thermometer

Set Of Wooden Spoons And Rubber Spatulas

Double Boiler

One value of desserts is that so many of the most popular ones can be frozen. This makes cakes, cookies, pies and candies so convenient to use almost any time you wish! Many dessert recipes make either more than is immediately needed or can be easily doubled, so the extra can be stored in the freezer. Before freezing, quickly and fully cool the food. Then, package it in freezer paper, being sure to remove air and to seal it well. Package only as much of the food as your family will need at one time, than label and date the contents so you will use the oldest first.



FOODS AT THEIR BEST YEAR-ROUND

General Freezing Information

As the best kitchen invention, freezers would probably win the homemakers' nod. Having food kept "fresh" for months at a time has been a real boon to serving delicious dishes year round. There are no lean winters today when you cannot enjoy fresh-flavored vegetables, meats, even pies and cakes. Quickly freezing fresh foods locks in virtually all of the flavor and nutrition.

If you do plan to freeze food, it must be specially packaged. Some dishes, such as casseroles, can be frozen right in the container in which they will be thawed, reheated and served.

A freezer package must meet several requirements if it is to store food properly. It

- must not hold vapor or moisture or the food will dry out
- should be the proper size for the number of people it will serve
- must be sturdy and able to withstand freezing temperatures
- must be odor free
- should be of high quality
- should be easy to pack in the freezer
- must be tight to prevent darkening and rancidity of food.

Meats can be wrapped in freezer paper, aluminum foil or another wrap which adheres closely. Never freeze or store meat in the market wrapper.

Vegetables pack well in freezer boxes or plastic bags. Most desserts will fit in foil, plastic bags or wrap, or regular freezer wrap.

If you plan to cook your dish before you freeze it, work quickly, so it will not lose nutrients or flavor. The only changes that will need to be made are in the seasonings. Onion, for example, loses flavor. Garlic, cloves, pimento and green pepper become stronger after freezing.

The cooked food, except desserts, should be chilled immediately by placing in a pan of ice water. Package food right after chilling.

When reheating the food, avoid overheating. Any food can cook too long and lose or change its flavor. You can even undercook a dish to be frozen, then finish the cooking after it is thawed.

Handy Freezer Hints

1. Sauces sometimes separate when freezing.
2. Diced potatoes will crumble if frozen.
3. Salad greens and most other raw vegetables should not be frozen. They lose their crispness.
4. Fat becomes rancid after about two months, so use fat sparingly if you plan to freeze your cooked food.
5. Use only the best ingredients.
6. Monosodium glutamate can be added to precooked foods during reheating to bring out the flavor of meats and vegetables.
7. Most fried foods will lose their crispness when frozen.
8. The smaller the pieces of meat you freeze, the more they will dry out in the freezer.

CREATIVE COOKING TERMS

A la mode — Served with an ice cream topping.

Antipasto — Italian appetizer assortment.

Aspic — A clear, savory jelly used in molds or to garnish cold dishes or canapes.

Au lait — A beverage, as coffee, made or served with milk.

Baste — To spoon juices or liquids over a food as it is cooking.

Bind — To hold foods together in a sauce.

Blanch — To parboil food in water for a minute, or to pour boiling water over food and then drain it almost immediately.

Bouquet Garni — A seasoning combination of parsley, thymè, and bay leaf tied in a cheesecloth bag and used for flavoring stews and sauces. Remove before serving dish.

Canape — A small appetizer of bread or toast topped with a savory mixture.

Caramelize — To heat dry sugar, or a sugary food until light brown and caramel flavored.

Coat-the-Spoon — To cook or blend ingredients until the mixture coats the spoon in a thin layer.

Devil — To mix with hot seasonings such as pepper or mustard.

Dredge — To liberally cover with sifted flour or sugar.

Fillet — To cut a piece of meat or fish into desired shape, removing all bones.

Flake — To break into small pieces with a fork.

Flambe — To pour warm brandy, sherry or other spirits over food in a pan and ignite it as it cooks.

Fondant — Candy made with sugar syrup, which is kneaded until creamy.

Garnish — To decorate a dish by adding small amounts of food or herbs for color, flavor and design.

Glaze — To coat with a thin sugar syrup cooked to the crack stage, or to top with a thin icing.

Hors d'oeuvres — French appetizer course. An assortment of small portions of meat, fish, egg, and vegetables.

Julienne — Food cut into long, thin strips.

Marinate — To soak uncooked meat, fish or other food in a spiced liquid (marinade) of wine or herbs, oil or other flavorings. The marinade tenderizes and flavors the meat and can be used as the serving sauce.

Marzipan — An almond and sugar paste confection, usually shaped and tinted to resemble tiny fruits.

Meringue — Stiffly beaten egg white mixture used as a topping for various desserts, or baked until crisp and eaten topped with ice cream, whipped cream, or a sweet sauce.

Mold — To shape in a decorative pan. A gelatin-stiffened mixture set in a decorative mold.

Poach — To cook gently in simmering water.

Puree — Fruit, vegetables or meat which is usually precooked, then sieved or blended to a thick cream.

Quiche — A variety of French dishes which consists of a pastry shell filled with a savory egg and cream custard to which meat, seafood, vegetables or other food may be added.

Saute — To cook very rapidly in an open pan using a small amount of butter.

Scald — To heat milk or other liquid to just below the boiling point, indicated by a thin scum forming at the top of the liquid.

Scallop — To bake food, such as potato slices, in layers with a sauce.

Sear — To brown the surface of a food quickly over high heat, usually in a hot skillet.

Simmer — To cook in a liquid that is just below the boiling point.

Stew — To cook slowly in a liquid for a long period of time.

Tart — A small pastry shell which has a sweet or savory filling and is usually served individually.

Torte — A cake-like dessert made with many eggs, sugar and usually nuts or bread crumbs rather than flour. The batter is baked in large, flat pans and served in layers filled with whipped cream, custards, jam or frosting.

Whip — To incorporate air into a mixture by beating rapidly by hand or with an electric mixer.

A WORLD OF CHEESES

CHEESE CHART

NATURAL CHEESE	CHARACTERISTICS AND USES
Bel Paese	A soft cheese often used in cooking to replace mozzarella. Although it is an Italian cheese, there is a very good American version bearing the same name that is made in Wisconsin.
Blue	A crumbly and sharp-flavored soft dessert cheese that is white and contains blue mold. French blue cheese is referred to as "bleu cheese."
Brie	A soft, creamy dessert cheese ranked as one of the world's great cheeses. It should be served at room temperature. At room temperature, good Brie is almost always runny.
Camembert	A soft, creamy, rich dessert cheese that is another of the world's great cheeses. Camembert that is shrunken in appearance or smells like ammonia is past its prime.
Cheddar	A variety of hard cheese that is the most popular American cheese. Cheddar is sold as mild, mellow, or sharp cheese. Mild has aged 2-3 months; mellow from 6-9 months; and sharp, from 12-15 months. Excellent for eating or cooking.
Cottage	The large or small drained curd of soured whole or skimmed milk. One of the few soft cheeses suitable for cooking.
Cream	An unripened American soft cheese that is popular for desserts. Like cottage cheese, cream cheese is a soft cheese suitable for cooking.
Edam	A mild, semihard cheese. It was originally Dutch cheese that now has several American versions. It has a bright red exterior rind and pale gold interior. Edam is primarily an eating cheese.
Feta	The most popular of Greek cheeses. White and crumbly, it has a unique flavor that is perfect for Hellenic cuisine.
Gorgonzola	A white and blue-veined Italian pressed cheese that may range from soft (very young) to semihard (aged). It is used in cooking, for desserts, or in sandwiches. An American gorgonzola is made in Wisconsin.

A WORLD OF CHEESES

CHEESE CHART	
NATURAL CHEESE	CHARACTERISTICS AND USES
Gouda	Like gorgonzola, the mild-flavored gouda cheese becomes firmer with age. It was originally a Dutch cheese, that now has several American versions. Gouda is a popular dessert cheese.
Monterey	Also known as Monterey Jack, this California cheese is of two types: a semihard cheese and a hard cheese. Both are good cooking cheeses.
Mozzarella	A semisoft white cheese popular in Italian dishes. There are American versions but they lack the flavor of the Italian varieties.
Parmesan	A staple hard cheese of Italian cookery. American Parmesans, sold already grated, have only a fraction of the flavor of the original, ungrated cheese.
Provolone	An Italian hard cheese that has a smoky flavor and is used primarily for appetizers or sandwiches. The American version has little of the flavor of the Italian cheese.
Ricotta	An Italian cottage-type cheese. American cottage cheese can be substituted in almost every recipe calling for ricotta.
Romano	A very hard Italian cheese grated like Parmesan and used for cooking. There is also an American Romano.
Roquefort	A soft dessert cheese that is white with a characteristic blue veining. The veining comes from the penicillin mold that gives this cheese its sharp flavor.
Swiss	The common United States term for any of the Emmentaler or Gruyere cheeses. Used in cooking. (Not to be confused with the process cheese of the same name.)
Touloumisso	A spicy Greek cheese that is very good.



HERBS AND SPICES

A Touch Of Taste

HERB OR SPICE	USE WITH
Allspice	Vegetables, meat loaves, ham dishes, beef stew.
Anise Seed	Coffee cakes, rolls, sweet breads (especially the Scandinavian sweet breads), beef and veal stews.
Basil	Beef and veal, lamb, pork, seafood dishes, souffles, egg and cheese dishes, tomato dishes, peas, squash, string beans, potatoes, spinach.
Bay Leaves	Poultry, venison, beef and veal, lamb, fish stews, seafood dishes, tomatoes, onion, green beans, rice.
Caraway Seed	Rolls, muffins, biscuits, bread, coffee cakes, vegetables, pork.
Cardamom Seed	Coffee cakes, Danish pastry, bread, buns.
Cayenne	Meat and fish dishes.
Celery Seed	Fish dishes, meat dishes, rolls.
Chili powder	Stews, chili.
Cinnamon	Buns, coffee cakes, muffins, sweet potatoes.
Cumin Seed	Chili, rice, meat loaf, fish, bread.
Curry Powder	Poultry, fish and seafood, vegetables, rice, any leftovers.
Fennel	Bread, rolls, fish dishes.
Ginger	Squash, sweet potatoes, carrots, spice cakes.
Mace	Doughnuts, seafood stews.
Marjoram	Beef and veal, chicken, pork, lamb, duck, goose, omelets, soufs, vegetables, seafood dishes.
Mustard	Cheese, egg and seafood dishes, baked beans, lima beans.
Nutmeg	Coffee cakes, doughnuts.
Oregano	Tomato dishes, chilies, omelets, beef stews.
Paprika	Poultry, pork, fish, garnish for many dishes.
Poppy Seed	Rolls, bread, coffee cakes.
Rosemary	Fish and seafood dishes, stews, lamb, vegetables.
Sage	All pork dishes, tomato dishes, Brussels sprouts.
Saffron	Bread, rolls, rice, buns, fish stews, chicken.
Savory	Veal, lamb, fish, chicken, omelets, cabbage, peas.
Sesame Seed	Rolls, bread, buns, coffee cakes.
Tarragon	Poultry, seafood, veal, cheese dishes, vegetables.
Thyme	Meat and fish, biscuits, tomatoes, egg and cheese dishes.
Turmeric	Fish and seafood, rice.

QUANTITIES TO SERVE 100 PEOPLE

Baked beans	5 gallons	Loaf sugar	3 pounds
Beef	40 pounds	Meat loaf	24 pounds
Beets	30 pounds	Milk	6 gallons
Bread	10 loaves	Nuts	3 pounds
Butter	3 pounds	Olives	1 3/4 pounds
Cabbage for slaw	20 pounds	Oysters	18 quarts
Cakes	8 cakes	Pickles	2 quarts
Carrots	33 pounds	Pies	18 pies
Cauliflower	18 pounds	Potatoes	35 pounds
Cheese	3 pounds	Potato salad	12 quarts
Chicken for chicken pie	40 pounds	Roast pork	40 pounds
Coffee	3 pounds	Rolls	200 rolls
Cream	3 quarts	Salad dressing	3 quarts
Fruit cocktail	1 gallon	Scalloped potatoes	5 gallons
Fruit juice	4 No. 10 cans	Soup	5 gallons
Fruit salad	20 quarts	Tomato juice	4 No. 10 cans
Ham	40 pounds	Vegetables	4 No. 20 cans
Hamburger	30 to 36 pounds	Vegetable salad	20 quarts
Ice Cream	4 gallons	Whipping cream	4 pints
Lettuce	20 heads	Wieners	25 pounds

METRIC CONVERSION CHARTS FOR THE KITCHEN

VOLUME

1 tsp.	4.9 cc	2 c.	473.4 cc
1 tbsp.	14.7 cc	1 fl. oz.	29.5 cc
1/3 c.	28.9 cc	4 oz.	118.3 cc
1/8 c.	29.5 cc	8 oz.	236.7 cc
1/4 c.	59.1 cc	1 pt.	473.4 cc
1/2 c.	118.3 cc	1 qt.	946 liters
3/4 c.	177.5 cc	1 gal.	3.7 liters
1 c.	236.7 cc		

CONVERSION FACTORS:

Liters	X	1.056	=	Liquid Quarts
Quarts	X	0.946	=	Liters
Liters	X	0.264	=	Gallons
Gallons	X	3.785	=	Liters
Fluid Ounces	X	29.563	=	Cubic Centimeters
Cubic Centimeters	X	0.034	=	Fluid Ounces
Cups	X	236.575	=	Cubic Centimeters
Tablespoons	X	14.797	=	Cubic Centimeters
Teaspoons	X	4.932	=	Cubic Centimeters
Bushels	X	0.352	=	Hectoliters
Hectoliters	X	2.837	=	Bushels
Ounces (Avoir.)	X	28.349	=	Grams
Grams	X	0.035	=	Ounces
Pounds	X	0.454	=	Kilograms
Kilograms	X	2.205	=	Pounds

WEIGHT

1 dry oz.	28.3 Grams
1 lb.	454 Kilograms

DRY MEASURE AND METRIC EQUIVALENT

(MOST CONVENIENT APPROXIMATION)

POUNDS AND OUNCES	METRIC	POUNDS AND OUNCES	METRIC
1/6 ounce	.5 grams	1/4 pound (4 ounces)	114 grams
1/3 ounce	.10 grams	4 1/8 ounces	125 grams
1/2 ounce	.15 grams	1/2 pound (8 ounces)	227 grams
1 ounce	.30 grams (28.35)	3/4 pound (12 ounces)	250 grams
1 3/4 ounces	.50 grams	1 pound (16 ounces)	454 grams
2 2/3 ounces	.75 grams	1.1 pounds	500 grams
3 1/2 ounces	100 grams	2.2 pounds	1 kilogram 1000 grams

LIQUID MEASURE AND METRIC EQUIVALENT

(NEAREST CONVENIENT EQUIVALENTS)

CUPS SPOONS	QUARTS OUNCES	METRIC EQUIVALENTS
1 teaspoon	1/6 ounce	.5 milliliters 5 grams
2 teaspoons	1/3 ounce	10 milliliters 10 grams
1 tablespoon	1/2 ounce	15 milliliters 15 grams
3 1/3 tablespoons	1 3/4 ounces	50 milliliters
1/4 cup (4 tablespoons)	.2 ounces	60 milliliters
1/3 cup (5 1/3 tablespoons)	.2 2/3 ounces	79 milliliters
1/3 cup plus 1 tablespoon	.3 1/2 ounces	100 milliliters
1/2 cup (8 tablespoons)	.4 ounces	118 milliliters
1 cup (16 tablespoons)	.8 ounces	1/4 liter 236 milliliters
2 cups	1 pint 16 ounces	1/2 liter less 1 1/2 tablespoons 473 milliliters
2 cups plus 2 1/2 tablespoons	.17 ounces	1/2 liter
4 cups	1 quart 32 ounces	946 milliliters
4 1/3 cups	1 quart, 2 ounces	1 liter 1000 milliliters

CONVERSION FORMULAS:

To convert Centigrade to Fahrenheit: multiply by 9, divide by 5, add 32.

To convert Fahrenheit to Centigrade: subtract 32, multiply by 5, divide by 9.

EQUIVALENT CHART

3 tsp.	1 tbsp.	2 pt.	1 qt.
2 tbsp.	1/8 c.	1 qt.	4 c.
4 tbsp.	1/4 c.	5/8 c.	1/2 c. + 2 tbsp.
8 tbsp.	1/2 c.	7/8 c.	3/4 c. + 2 tbsp.
16 tbsp.	1 c.	1 jigger	1 1/2 fl. oz. (3 tbsp.)
5 tbsp. + 1 tsp.	1/3 c.	2 c. fat	1 lb.
12 tbsp.	3/4 c.	1 lb. butter	2 c. or 4 sticks
4 oz.	1/2 c.	2 c. sugar	1 lb.
8 oz.	1 c.	2 2/3 c. powdered sugar	1 lb.
16 oz.	1 lb.	2 2/3 c. brown sugar	1 lb.
1 oz.	2 tbsp. fat or liquid	4 c. sifted flour	1 lb.
2 c.	1 pt.	4 1/2 c. cake flour	1 lb.
3 1/2 c. unsifted whole wheat flour	1 lb.		
8 to 10 egg whites	1 c.		
12 to 14 egg yolks	1 c.		
1 c. unwhipped cream	2 c. whipped		
1 lb. shredded American cheese	4 c.		
1/4 lb. crumbled blue cheese	1 c.		
1 chopped med. onion	1/2 c. pieces		
1 lemon	3 tbsp. juice		
1 lemon	1 tsp. grated peel		
1 orange	1/3 c. juice		
1 orange	about 2 tsp. grated peel		
1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled		
1 lb. unshelled almonds	3/4 to 1 c. shelled		
4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked		
7 oz. spaghetti	4 c. cooked		
4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked		
28 saltine crackers	1 c. crumbs		
4 slices bread	1 c. crumbs		
14 square graham crackers	1 c. crumbs		
22 vanilla wafers	1 c. crumbs		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square *chocolate* (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon *cornstarch* (for thickening) = 2 tablespoons flour.
- 1 cup sifted *all-purpose flour* = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted *cake flour* = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon *baking powder* = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup *sour milk* — 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or
1 cup buttermilk (let stand for 5 minutes).
- 1 cup *sweet milk* = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 1 cup *canned tomatoes* = about 1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes.
- 3/4 cup *cracker crumbs* = 1 cup bread crumbs.
- 1 cup *cream, sour, heavy* = 1/3 cup butter and 2/3 cups milk in any sour milk recipe.
- 1 cup *cream, sour, thin* = 3 tablespoons butter and 3/4 cup milk in sour milk recipe.
- 1 cup *molasses* = 1 cup honey.
- 1 teaspoon *dried herbs* = 1 tablespoon fresh herbs.
- 1 *whole egg* = 2 egg yolks for custards.
- 1/2 cup *evaporated milk* and 1/2 cup *water* or 1 cup *reconstituted nonfat dry milk* and 1 tablespoon
butter = 1 cup whole milk.
- 1 package *active dry yeast* = 1 cake compressed yeast.
- 1 tablespoon *instant minced onion, rehydrated* = 1 cake compressed yeast.
- 1 tablespoon *instant minced onion, rehydrated* = 1 small fresh onion.
- 1 tablespoon *prepared mustard* = 1 teaspoon dry mustard.
- 1/8 teaspoon *garlic powder* = 1 small pressed clove of garlic.

CAN SIZE CHART

8 oz. can or jar	1 c.	1 lb. 13 oz. can or jar	
10 1/2 oz. can (picnic can)	1 1/4 c.	or No. 2 1/2 can or jar	3 1/2 c.
12 oz. can (vacuum)	1 1/2 c.	1 qt. 14 fl. oz. or 3 lb. 3 oz.	
14-16 oz. or No. 300 can	1 3/4 c.	or 46 oz. can	5 3/4 c.
16-17 oz. can or jar		6 1/2 to 7 1/2 lb.	
or No. 303 can or jar	2 c.	or No. 10 can	12-13 c.
1 lb. 4 oz. or 1 pt. 2 fl. oz.			
or No. 2 can or jar	2 1/2 c.		

AVERAGE WEIGHTS ACCORDING TO HEIGHT AND AGE

Height (In Shoes)		Weight In Pounds (In Indoor Clothing)				
Feet	Inches	Ages 20-24	Ages 25-29	Ages 30-39	Ages 40-49	Ages 50-59
						60-69

WOMEN

4' 10"	102	107	115	122	125	127
11"	105	110	117	124	127	129
5' 0"	108	113	120	127	130	131
1"	112	116	123	130	133	134
2"	115	119	126	133	136	137
3"	118	122	129	136	140	141
4"	121	125	132	140	144	145
5"	125	129	135	143	148	149
6"	129	133	139	147	152	153
7"	132	136	142	151	156	157
8"	136	140	146	155	160	161
9"	140	144	150	159	164	165
10"	144	148	154	164	169	*
11"	149	153	159	169	174	*
6' 0"	154	158	164	174	180	*

MEN

5' 2"	128	134	137	139	140	142
3"	132	138	141	142	144	145
4"	136	141	145	146	148	149
5"	139	144	149	150	152	153
6"	142	148	153	154	156	157
7"	145	151	157	159	161	162
8"	149	155	161	163	165	166
9"	153	159	165	168	169	170
10"	157	163	170	173	174	175
11"	161	167	174	178	178	180
6' 0"	166	172	179	183	183	185
1"	170	177	183	188	187	189
2"	174	182	188	193	192	194
3"	178	186	193	198	197	199
4"	181	190	199	204	293	205

* Average weights not determined because of insufficient data.

Appetizers



DEPUTY COCKTAIL HOT HORS D'OEUVRES

1 lb. ground round	1 lb. Sausage
1 lb. Velveeta cheese	Party Rye bread (small)

Brown ground meat and sausage in a skillet until thoroughly cooked. Pour off all the grease; then cut up the Velveeta cheese and add to the mixture. Heat until all the cheese is melted. Spread on the thin, small slices of Party rye. Place on a cookie sheet and freeze for future parties. After they are frozen, I pack in flat containers with wax paper between each layer. When ready to serve; simply put them under the broiler for a few minutes to heat them up. Watch them. This is a favorite hors d'oeuvres recipe for both my sister and I.

Mary Ellen Fowler

SHRIMP DIP

8 oz cream cheese	1 small can of Shrimp
$\frac{1}{2}$ onion, chopped fine	Celery salt $\frac{1}{4}$ teaspoon
$\frac{1}{2}$ cup mayonnaise	$\frac{1}{2}$ cup Seafood Sauce

Mix all of the above ingredients the day before you expect to serve this dip.

Jean Mosteller

DELICIOUS HOT DOG HORS D'OEUVRES

1 lb. hot dogs, cut into bits	$\frac{3}{4}$ cup Bourbon
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ cup catsup
	1 teaspoon grated onion

Put all in a sauce pan and simmer one hour. If liquid dries out, put in more liquor. I use Vienna Sausages instead of hot dogs on occasion.

Nancy Whitlock

A "Wag" once said "We should not be like the potato - with the best part underground!"

J.H.

LIVERWURST PASTE

(up to 3 days ahead or 30 minutes before serving:)

In a small bowl, with your mixer at medium speed, beat two 8-oz. packages of liverwurst and two 3-oz. packages of cream cheese, softened, until smooth. With spoon stir in 2 cups of minced radishes and 3 Teaspoons of grated onion. Cover and refrigerate. Just before serving thickly slice 4 large cucumbers. Serve spread on cucumber slices. Makes 4 cups of spread or 60 appetizer servings.

Nellie Collison

RUMAKI PATE'

- | | |
|---|---|
| $\frac{1}{2}$ lb. chicken livers,
cooked | 3 Tablespoons Soy sauce |
| $\frac{1}{2}$ teaspoon onion salt | $\frac{1}{2}$ cup soft butter or
margarine |
| $\frac{1}{2}$ teaspoon dry mustard | $\frac{1}{4}$ teaspoon nutmeg |
| Dash hot pepper sauce | 1 5-oz. can water Chest-
nuts |
| 6 slices bacon, cooked and
crumbled | 2 Tablespoons chopped
green onion |

In blender, finely chop chicken livers, a few at a time. When all are chopped, return to blender and add Soy sauce, butter, salt, mustard, nutmeg and hot pepper sauce. Blend until smooth and well mixed, scraping sides of bowl frequently. Drain and coarsely chop water chestnuts. Add to liver mixture along with crumbled bacon. Mix thoroughly by hand. Spoon in one large or six small molds, pressing to remove all air bubbles. Chill in refrigerator. Unmold and allow to soften at room temperature. Serve with assorted crackers.

Nellie Collison

CHILI-CHEESE LOG

$\frac{1}{2}$ lb. natural Cheddar cheese	1 3-oz. pkg. cream cheese
grated	softened
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{8}$ teaspoon garlic salt	$\frac{1}{2}$ teaspoon Worcestershire
Chili powder	

Two or three days ahead: With an electric blender or mixer thoroughly blend Cheddar and cream cheeses, salt, pepper, garlic salt and Worcestershire. Shape into 2 thin logs.

On waxed paper, sprinkled with Chili powder, roll each Cheese log until thoroughly coated with Chili powder.

Wrap logs in waxed paper, saran wrap or foil and refrigerate for 2 to 4 days to ripen.

To Serve: Arrange logs on board, slicing some pieces and having assorted crackers nearby. Leftovers keep well.

Nancy Whitlock

PINEAPPLE DIP-ITS

Drained canned or thawed	Shredded Cheddar Cheese
frozen pineapple chunks	Flaked Cocoanut

Spear pineapple chunks with toothpicks. To serve: Arrange pineapple chunks on a tray with the flaked cocoanut on one side of the pineapple and the shredded Cheddar cheese on the opposite side for dipping.

Jean Mosteller

TANGY MUSTARD SAUCE

$\frac{1}{4}$ oz. Coleman's dry mustard 1 cup vinegar
Soak overnight in top of double boiler.
Add 1 cup sugar
Stir in 2 beaten eggs, stir while cooking, until thick

Lucy Barnes

CURRIED LIVER PATE'

8 ozs. chicken livers	6 green onions, cut up
4 slices bacon, crisp-cooked and drained	$\frac{1}{2}$ cup dairy sour cream
2 teaspoons lemon juice	4 Tablespoons or $\frac{1}{2}$ stick butter or margarine, softened
1 teaspoon curry powder, taste first add slowly	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon pepper	Chopped green onions (optional)

Cook Chicken liver in a small amount of boiling salted water about 5 minutes or until tender; drain and cool. In blender container or food processor bowl, process the cut-up green onion and bacon till chopped. Add sour cream, butter or margarine, lemon juice, curry, salt pepper and cooked livers. Cover; process till smooth. Remove to small bowl. Cover and chill several hours or overnight. To serve garnish with chopped green onion. Serve with crackers. Makes 1 cup.

Nellie Collison

TOASTED CHUTNEY BITES

$\frac{1}{2}$ lb. braunschweiger	$\frac{1}{3}$ cup chutney
12 fresh thin bread slices	Soft butter or margarine
(must be soft and easy to roll)	

Day or so ahead: Skin braunschweiger; mash well with fork; stir in chutney. Trim crusts from bread; spread bread with butter, then with braunschweiger mixture. roll up, jelly-roll fashion; wrap in waxed paper, foil or saran wrap. Refrigerate.

To serve: Cut each roll crosswise into thick slices; toast under broiler. Makes 36.

Nancy Whitlock

CRAB DIP

1 Tablespoon horseradish	$\frac{1}{2}$ cup mayonnaise
1 8-oz. pkg. cream cheese	1 small onion, grated
1 Tablespoon milk	6 Oz. can crab meat
1 Tablespoon lemon juice	

Mix all together and bake at 350° F. until golden on top.

Barbara Bannowsky

CHIPPED BEEF DIP

1 8-oz. pkg. cream cheese	$\frac{1}{2}$ can (10 3/4-oz.) Cream of
1/8 cup catsup	Mushroom soup (undiluted)
$\frac{1}{2}$ pkg. (2 1/2-oz.) chipped beef	$\frac{1}{2}$ small onion, finely chopped
(coarsely chopped)	

Cut Cream Cheese into small chunks and put in electric blender. Add soup and catsup and blend well. Add Beef and onion and blend well. Yield: 2 cups

Nellie Collison

DILL DIP

2/3 cup mayonnaise	1/3 cup sour cream
1 Tablespoon minced onion	1 Tablespoon parsley
1 teaspoon seasoned salt	1 teaspoon dill
$\frac{1}{2}$ teaspoon Worcestershire sauce	$\frac{1}{2}$ teaspoon Accent
Dash of tabasco sauce	

Mix all of the above ingredients together and serve as a dip for potato chips, crackers or raw vegetables.

Barbara Bannowsky



Beverages

GOLDEN WASSAIL

4 cups unsweetened pineapple juice	1½ cups apricot nectar (1 12-ounce can)
1 cup orange juice	6 inches stick cinnamon
1 teaspoon whole cloves	¼ teaspoon whole cardamon seeds, crushed

Combine all ingrediants in a large pan. Heat to boiling point. Reduce heat and simmer 15 to 20 minutes. Remove from heat and strain. Pour hot Wassail into mugs; garnish with floaters of thin orange slices studded with cloves.

Jean Mosteller

"I got this recipe from the Madrigal Singers of Newark High School. Every year at Christmas time, they have an Elizabethean Rout. They serve this Wassail at the beginning of their marvelous Feast.

J.M.

RUSSIAN TEA or HOT SPICED TEA

2 cups TANG	1 cup Instant Tea
1 pkg. (½ cup) WYLER Lemonade	2 cups TWIN "Sugar" or
1 teaspoon ground cloves	2 cups sugar
½ teaspoon ALL SPICE	½ to 1 teaspoon of ground Cinnamon

Stir together. Keep refrigerated. Add two teaspoons to one cup of hot water or to taste.

Edith Davis

YELLOW PUNCH

4 cups pineapple juice	4 cups orange juice
4 cups apple juice	3 large bottles ginger ale

Combine juices and refrigerate. When ready to serve, add ginger ale SLOWLY to juices so it won't make too much foam. Serves 40 punch cups.

Libby Hancock

CHRISTMAS PUNCH

1 Bottle Cranberry juice (1½ or 2 quart)	1 6 oz. can frozen lemonade
1 quart ginger ale	1 can Pineapple juice, (1 quart 1¼ ounces)

Mix first 3 ingrediants. Pour over a bowl of ice cubes. Slowly add Ginger Ale.

Edith Davis

FRUIT PUNCH

- | | |
|--|---------------------------------|
| 2½ lbs. sugar (5 cups) | 2½ cups water |
| 1 to 2 lemons or 1 can of frozen lemonade plus the water that goes with it | 1 large can frozen Orange juice |
| 1 large can Pineapple juice | 1 large can Grapefruit juice |
| 1 quart of Tea (weak) | 2 quarts of Ice Water |
| 2 quarts Ginger Ale (Put in just before serving | |

Boil sugar and water until clear. Then mix this with all the other ingredients. This can be made ahead, but the ginger ale should be added right at serving time. This recipe will serve 50 people but can be cut down to usage or store in refrigerator and served when needed. Adding ginger ale at the last minute.

Lorraine Hudson

RASPBERRY FLIP

Float raspberry-swirled ice cream on crushed raspberries; fill glass with sparkling water.

Jean Mosteller

SUMMER COOLER

- | | |
|---|--|
| 1 can (20-oz.) unsweetened Pineapple slices | 2 lemons (Make long strips of outer rind of 2 lemons) plus juice of lemons |
| ¼ cup sugar | 1 cup brandy |
| 1 cup curacao | ¼ teaspoon bitters |
| 1 liters dry white wine, | |
| 1 quart cold club soda | |

Blend and let steep 6 to 8 hours - the lemon juice, rind, pineapple slices, ¼ cup sugar, curacao and brandy. When cold, combine with chilled white wine and just before serving add the bitters and club soda. Serve from a pitcher over ice cubes in glasses.

This recipe came from
the Hockessin Corner
"Back Burner"

2 MINUTE HOT BUTTERED RUM

The Batter: Cream $\frac{1}{2}$ lb. butter with 1 lb. dark brown sugar. Sprinkle and mix thoroughly into batter $\frac{1}{4}$ teaspoon of ground cinnamon, $\frac{1}{4}$ teaspoon ground nutmeg, and $\frac{1}{4}$ teaspoon of ground cloves. To store, refrigerate in covered container. Keeps indefinitely.

The Drink: Into each cup or mug place 1 heaping Tablespoon of Batter. Add $1\frac{1}{2}$ oz. dark rum. Fill with boiling water, stir, serve, enjoy!

Barbara Bannowsky

HAWAIIAN PUNCH (for 50)

Mix together:

4 large cans Hawaiian Punch	1 large can Pineapple Juice
2 Large cans Grapefruit Juice	1 frozen can Lemon Juice

Before serving add: 3 Quarts Ginger Ale

MORE PUNCH (for 50)

3 pints Lemon Juice (bottled)	6 Quarts Water
1 Quart Pineapple Juice	$1\frac{1}{2}$ Quarts Orange Juice
8 cups sugar	

Mix all together; before serving add 2 Quarts of Ginger Ale.

Karen Young Talley

COFFEE NOG

2 eggs	$\frac{1}{4}$ cup granulated sugar
3 Tablespoons instant coffee	3 cups milk

Separate eggs, placing whites in separate bowl. Beat egg whites until peaks form. Gradually add sugar, then 1 Tablespoon of instant coffee beating until stiff. Beat yolks with remaining 2 Tablespoons of instant coffee; add $\frac{1}{3}$ cup milk; beat until smooth. Add rest of milk. Fold in egg-white mixture until frothy. Serve in tall glass

Jean Mosteller

IRISH COFFEE

Heat 5 cups of water in an Electric Coffee pot. Add 6 teaspoons of instant coffee. Stir to dissolve Coffee.

Into Goblet or mug pour one shot of Irish Whisky. Add 2 level teaspoons of granulated sugar. Fill Goblet with hot Coffee to within one inch of brim. Stir to dissolve sugar. Top off brim with unsweetened whipped cream that has been whipped not quite stiff enough to peak.

Do not stir after adding cream, as the true flavor is obtained by drinking the hot Coffee and Irish Whisky through the cream.

Libby Hancock

Health and long life to you
Land without rent to you
A child every year to you
And may you die in Ireland!

(Old Irish Toast)

GOLDEN PUNCH

1 12-oz. can frozen orange juice	1 12-oz. can frozen lemonade concentrate
Water as directed on cans for both orange and lemonade	
1 tall can apricot nectar 1 12-oz. can)	1 can pineapple juice (1 qt. 14-oz.)
1 large bottle Canada Dry Gingerale	2 quarts Orange Sherbet

Mix together all except Gingerale and Sherbet. Place Sherbet in large bowl and mash with wooden spoon until soft but not melted. Add to mixed juices; pour over bowl of ice. Add Gingerale. Serves 40.

Edith Davis

ORANGE LEMON - LEMON PUNCH

5 cans Lemonade plus 5 15 lemonade cans of ginger
lemon cans of water ale
1 small pkg. frozen strawberries

Mix above ingredients together in your blender; add some chopped ice while doing this. Serve at once.

Manda Leigh

HOT SPICED WINE PUNCH (GLOGG)

2 teaspoons dried orange peel 1 8-oz. pkg. dried apricots
1 teaspoon whole cloves 1 4/5-quart bottle vodka,
4 whole cardamon, cracked gin or aquavit
3 short cinnamon sticks 3/4 cup sugar
2 4/5-quart bottles Burgandy 1 cup whole blanched almonds
wine 1 cup seedless raisins

Day before serving:

Place orange peel and spices on a piece of cheesecloth, tie securely with string to form a bag. In covered, large saucepan over medium-low heat, simmer 1 bottle of Burgandy wine, dried fruits and spice bag 30 minutes. Remove from heat and discard spice bag; stir in remaining wine, vodka and sugar; cover mixture and let stand at room temperature overnight.

To serve:

Over high heat, heat wine mixture until piping hot, but not boiling, stirring occasionally. Carefully ignite wine mixture with a match; let burn a few seconds; then cover pan to extinguish flame. Add almonds; pour into heated punch bowl. Serve hot. Makes about 10 cups or twenty 1/2-cup servings

Hellie Collison

PEACH SMOOTHIE

Fill your Blender half full with ice cubes. Add 1 can of peaches and the juice too. Next add to this mixture 1/3 to 1/2 bottle of white rum. Blend and serve in large wine glasses.

Jean Hosteller

Salads



GREEN SALAD

- | | |
|------------------------------------|-------------------------------|
| 1 box of Pistachio instant pudding | 1 can crushed pineapple |
| 1 large Cool Whip | 2 cups miniature marshmallows |

Mix all together and freeze. This is very fast and very good. I place in a square pan and cut into squares. Serves at least 12 and is my favorite "quickie".

Peg Hanby

ORANGE SHERBET SALAD

- | | |
|---------------------------|---------------------------------------|
| 2 3-oz. pkgs. lemon jello | 1 pint orange sherbet |
| 1 cup boiling water | 1 small can mandarin oranges, drained |
| 1 cup Dream Whip | |

Add boiling water to jello and dissolve. Cool. Add oranges and sherbet and mix. Then fold in Dream Whip, which has been whipped.

Libby Hancock

CREAM CHEESE JELLIED SALAD

- | | |
|-------------------------|-----------------------------|
| 1 3-oz. pkg. lime jello | 1 pkg. Dream Whip |
| 1 cup boiling water | $\frac{1}{2}$ cup cold milk |
| 8 oz. cream cheese | |

Add boiling water to jello. Mix and chill to syrup texture. Cream together the Dream Whip, cold milk and cream cheese. Add chilled jello and beat with electric mixer until fluffy and smooth. Add:

- | | |
|------------|-------------------------|
| 1 Cup nuts | 1 cup crushed pineapple |
|------------|-------------------------|

Pour into 6 x 10 or 8 x 8 inch glass pan. Chill. May be decorated with nuts.

Edith Davis

COOL WHIP SALAD

- | | |
|---|---------------------------------|
| 1 pkg. Cool Whip | 1 can mandarin oranges |
| 1 lb. cottage cheese | DRAINED |
| 2 pkg. DRY jello (any flavor) (3-oz. pkgs.) | 1 can pineapple chunks, DRAINED |

Combine COOL WHIP and cottage cheese with DRY jello. Add oranges and pineapple. Refrigerate over night. Cut into squares.

Libby Hancock

CRANBERRY JEWEL MOLD

- | | |
|--|--------------------------------------|
| 1 3 oz. pkg. raspberry or
or strawberry jello | 1½ cups cranberry orange
relish |
| 1 cup hot water | 1 cup crushed pineapple
(drained) |
| ½ cup cold water | |

Dissolve jello in hot water and add cold water. Refrigerate until slightly thick. Mix in mayonnaise and Cranberry relish and pineapple. Refrigerate. This is especially good with turkey or chicken.

Louise Coleman.

CHERRY COLA SALAD

- | | |
|---|--|
| 1 bottle (10 oz.) diet or
regular cola, heated | 1 pkg. (3 oz.) cherry jello |
| | 1 can (17 oz.) dark sweet
pitted cherries, with
juice. |

Dissolve gelatin in hot cola. Stir in cherries and juice. Chill until set. This is "quick and easy" and serves four for salad dessert.

Anna McNeel

LEMON-LIME JELLO MOLD

- | | |
|---|--|
| 1 pkg (3 oz.) Lime jello | 1 pkg. (3 oz.) Lemon Jello |
| 1 small pkg. Philadelphia
Cream Cheese | ½ pint whipping cream |
| | 1 small can crushed
pineapple and juice |

Add 1½ cups of hot water to the Lime jello when it has cooled and slightly thickened add pineapple and its juice as well. Pour into large jello mold and congeal. Add 1½ cups hot water to Lemon Jello - Cool - Soften the cream cheese and add to the whipped cream. Now add the cooled Lemon jello and beat. When Lime jello is congealed pour the Lemon mixture over the Lime. You can use this plain or with dressing.

DRESSING

8 marshmallows or 32 miniature marshmallows - 1 small carton of Sour Cream (10 marashino cherries -halved). Add a Tablespoon of Sugar to this mixture and set over night.

Jean Mosteller

EASY GREEN SALAD

4 cups torn salad greens, chilled	$\frac{1}{2}$ cup diced red-skinned apple $\frac{1}{2}$ cup diagonally sliced celer.
$\frac{1}{8}$ cup crumbled blue cheese	Chopped nuts

Dressing

$\frac{2}{3}$ cup vegetable oil	$\frac{1}{3}$ cup vinegar
1 teaspoon sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Combine ingredients in a jar. Cover, and shake vigorously. Chill to blend flavors. Shake dressing again, and toss with salad greens, apple, celery and blue cheese. Garnish with nuts.

Lucy Barnes

CAROLYN'S CRANBERRY SALAD

1 quart raw cranberries	2 cups sugar
Juice of 3 medium size Oranges	1 cup finely chopped nut meats
2 pkgs. cherry gelatin	$\frac{1}{2}$ cup canned pineapple juice
$\frac{1}{4}$ cup cold water	1 small can pineapple, drained
$\frac{1}{2}$ cup boiling water	

Grind cranberries in food grinder, sprinkle with sugar, and allow to stand 3 hours. Soak gelatin in cold water 5 minutes, then add boiling water and pineapple juice. Chill and when cold, add cranberries, nuts and small can of drained pineapple. Put in a mold and allow to stand until thoroughly chilled. Carolyn said it works best if you keep the total liquid down to 2 cups.

Phyllis Hamilton

CHICKEN SALAD BALLS

1 cup chopped chicken	1 Tablespoon chopped onion
2 Tablespoons pimento	Dash of hot sauce
$\frac{1}{2}$ cup salad dressing or mayonnaise	1 cup chopped pecans

Combine all ingredients mixing well; chill several hours. Shape into 1 inch balls. Yield: 2 dozen.

Nellie Collison

FROZEN PEAS - PEANUT SALAD

- | | |
|------------------------------------|---------------------------------------|
| 20 oz. frozen peas | $\frac{1}{4}$ to 1 cup salted peanuts |
| $\frac{1}{2}$ cup chopped celery | $\frac{1}{2}$ cup chopped onion |
| 1 cup mayonnaise | $\frac{2}{3}$ cup sour cream |
| 2 Tablespoons Worcestershire sauce | |

Mix all of the above together. Let stand 3 hours before serving.

Nellie Collison

CORN BEEF CONCEALED SALAD

- | | |
|--|---|
| 1 envelope gelatin dissolved in Cold water | 3 Bouillon cubes dissolved in $1\frac{1}{2}$ cups hot water |
| 1 cup diced celery | 1 can Corned Beef, broken up. |
| 3 Tablespoons green pepper chopped | 1 Tablespoon chopped onion |
| $\frac{1}{2}$ cup mayonnaise | |

Mix all of the ingredients together and pour into mold.

Lucy Barnes

MARINATED CARROTS

- | | |
|-------------------------------|-----------------------------------|
| 2 lbs. fresh carrots or | 1 green pepper |
| 2 cans carrots (16-oz.) | 1 medium onion |
| 1 can cream of tomato soup | $\frac{1}{2}$ cup vegetable oil |
| $\frac{3}{4}$ cup vinegar | 1 cup sugar |
| 1 Tablespoon prepared Mustard | 1 Tablespoon Worcestershire sauce |
| 1 teaspoon salt | $\frac{1}{2}$ teaspoon pepper |

Cook and drain fresh carrots or drain canned ones. You may slice the large ones or, if you have the tiny babies use as is. The pieces should not be too big. Slice the green pepper and onion into rings and combine with the drained carrots. Combine all other ingredients into a marinade and pour over the vegetables. Let stand overnight in the refrigerator before serving. This will keep well.

Barbara Bannowsky

COLE SLAY

Chopped Cabbage
2 Spring onions chopped

2 to 3 carrots chopped up

Add to the above the following dressing:
2 to 3 Tablespoons mayonnaise 2 teaspoons mustard
salt and pepper celery seed.

Sprinkle cabbage, carrot and onion mix with sugar or "Sweet and Low" Let set. Then, add the dressing

Barbara Bannowsky

COLE SLAW DRESSING

$\frac{1}{2}$ cup white vinegar
 $1\frac{1}{2}$ teaspoon salt

3/4 cup sugar

Mix - add small amount of water. Pour over chopped cabbage and carrots.

Barbara Bannowsky

ORANGE SALAD (Easy and good)

3 cups cottage cheese	1 Quart pkg. Cool Whip
2 6-oz. pkgs. of orange- pineapple jello	Thawed
1 11-oz. can Mandarin oranges, Drained.	1 13-oz. pineapple tidbits, Drained

In mixing bowl blend cottage cheese and Cool Whip Topping. Stir in dry Jello until well mixed. Fold in pineapple and oranges. Put in a Bowl or Mold and chill overnight.

Karen Young Talley

SPINACH MOLD

2 pkgs. frozen chopped spinach
2 small pkgs. lemon jello
2 Tablespoons vinegar

Let Spinach defrost, squeeze out water. Make Jello using 1 cup less water than box directions, add vinegar, then spinach - but be sure Jello is cool enough to avoid discoloration of Spinach. Put mixture in a small ring mold and let set in refrigerator for 4 or 5 hours. Use topping of $\frac{1}{2}$ cup mayonnaise, $\frac{1}{2}$ cup sour cream, mixed.

18 Jean Mosteller

CRANBERRY AND CHICKEN SALAD

3 cups cooked, diced chicken (white meat only)	1 pkg. strawberry gelatin
1 #2 can jellied cranberries	1 cup boiling water
$\frac{1}{2}$ cup canned pimento diced	1 cup celery, sliced $\frac{1}{8}$ " diagonally
$\frac{1}{4}$ " cubes	$\frac{1}{4}$ teaspoon grated lemon rind
1 Tablespoon lemon juice	$\frac{3}{4}$ cup mayonnaise
Lettuce leaves	

Dissolve the gelatin in boiling water. Heat cranberry sauce over water at a slow boil in top of a double boiler until softened. Add gelatin, dissolved to the melted cranberries. Mix well. Pour into a ring mold and refrigerate.

Mix the diced chicken (The Gold Book Cook book suggests letting the chicken stand $\frac{1}{2}$ hour in broth, then draining) with celery and pimento. Add lemon ingredients to mayonnaise and stir. Fold mayonnaise into the chicken mixture.

When it is set, unmold the strawberry-cranberry ring on a bed of crisp lettuce, with the chicken salad in the middle. This salad is most festive for the winter holidays.

Anna McNeel

CHICKEN SALAD

3 cups cooked chicken, diced	$1\frac{1}{2}$ cups celery, diced
1 cup white seedless grapes (or 1 cup canned pineapple bits)	1 cup toasted almonds (or less)
$\frac{1}{2}$ cup light cream	3 Tablespoons lemon juice
1 teaspoon salt (unless chicken had been salted)	1 teaspoon dry mustard
	$\frac{1}{8}$ teaspoon pepper
	1 cup Miracle Whip or mayonnaise

Mix all of the above ingredients together and chill.

Edith Davis

HOT CHICKEN SALAD

4 cups cut up chicken breast (cooked)	1 cup salad dressing
$\frac{1}{4}$ cup onion, cut fine	1 cup celery, cut fine
	$\frac{1}{2}$ cup slivered almonds

Mix all of the above ingredients. Put in casserole and top with chow-mein noodles. Dice butter on top. Bake in 350° oven for 20 minutes.

Peg Hanby

LUNCHEON SALAD

- | | |
|----------------------------------|---|
| 1 Tablespoon plain gelatin | $\frac{1}{2}$ cup diced celery |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ cup sliced stuffed olives |
| 1 small can tomato soup | 1 medium chopped green |
| 1 cream cheese cake (small) | Pepper. |
| $\frac{1}{2}$ cup salad dressing | |

Soak gelatin in cold water. Heat soup to boiling point add gelatin and cream cheese. When slightly thickened add remaining ingredients. Chill in individual molds and serve on lettuce. Dressing and olives may be added. This is very good served with Garlic Bread.

Anna Frazer

CUCUMBER MOLDED SALAD

- | | |
|-------------------------|--------------------------|
| 1 3 oz. pkg. lime jello | 1 cup peeled and grated |
| 1 cup boiling water | Cucumber, well drained |
| 1 Tablespoon Vinegar | 1 Tablespoon horseradish |
| 1 Tablespoon finely | 1 cup mayonnaise |
| chopped Onion | |

Mix first 3 ingredients and chill until partly thickened. Blend in mayonnaise, cucumber, horseradish and onion. Pour into mold and refrigerate. This is tangy.

Louise Coleman

COLE SLAW

Soak finely shredded white cabbage in ice water with a little lemon juice added. Drain, marinate with french dressing and chill for one hour. Then add:

- | | |
|--|-------------------------------|
| 1 cup celery, chopped fine | 1 cup thinly sliced cucumbers |
| 1 medium onion, chopped fine. | Toss and chill. Before |
| serving, add $\frac{1}{2}$ cup of French dressing. | Serve on crisp |
| lettuce or watercress. | |

Anna McNeel

5 CUP SALAD

- | | |
|------------------------|-------------------------|
| 1 cup Mandarin Oranges | 1 cup Marshmallow bits |
| 1 cup Sour Cream | 1 cup crushed Pineapple |
| 1 cup grated Coconut | |

Mix together and let stand for a day before serving.

Wanda Leigh

TOMATO MOUSSE RING

- | | |
|----------------------------|-------------------------------------|
| 1 can cream of tomato soup | 3 cakes cream cheese |
| 1 pkg. Knox gelatin | 1 cup chopped celery |
| 1 green pepper | $\frac{1}{2}$ onion, finely chopped |
| 1 teaspoon lemon juice | 1 cup mayonnaise |

Put can of soup in double boiler and bring to boil. Soak 1 package of gelatin in $\frac{1}{2}$ cup water. Mix soup and gelatin and cool until fairly thick. When thickened add celery, pepper and onion and lemon juice. Add 1 cup mayonnaise. Place in a mold greased with olive oil and jell in refrigerator. (2teaspoons of sugar can be added if desired). Crabmeat, lobster, tuna or chicken salad can be placed in the center of the mold if desired.

Nancy Whitlock

CHILLY SALMON SALAD

- | | |
|----------------------------------|--|
| 1 envelope unflavored gelatin | $\frac{1}{2}$ cup cold water |
| 2 Tablespoons lemon juice | $\frac{1}{2}$ cup boiling water |
| 1 teaspoon salt, pepper to taste | 1 7 3/4-oz. can salmon, drained and flaked |
| $\frac{1}{2}$ cup mayonnaise | 1 $\frac{1}{2}$ cups small-curd cottage cheese |
| 3/4 cup chopped celery | 2 Tablespoons chopped Chives |
| 2 Tablespoons pickle relish | |
| Lettuce | |

Soften gelatin in cold water. Stir in boiling water and lemon juice. Add remaining ingredients, mixing well. Pour into a slightly oiled 8" square pan. When set, cut in squares. Serves 6 to 9.

Mary Ellen Fowler

STRAWBERRY NUT SALAD

- | | |
|---------------------------|--------------------------|
| 2 pkgs. strawberry Jello | 2-10-oz. pkgs. frozen |
| 1 cup boiling water | strawberries, thawed |
| 1 1 lb. 4 oz. can crushed | 3 medium bananas, mashed |
| pineapple | 1 cup coarsely chopped |
| 1 pint sour cream | walnuts |
| 1 head lettuce | |

In a large pan combine jello and boiling water, stirring until jello is dissolved. Then fold in, all at once, strawberries with juice, drained pineapple, bananas and walnuts. Put half of mixture in pan; when congealed spread with sour cream. Gently spoon other half of mixture over cream and put in refrigerator. Serve on lettuce. (This will serve about 10 or 12 people.

Betty Lamborn

ICE BOX SALAD

- | | |
|-----------------------------------|--------------------------------|
| 1 pkg. cream cheese (small) | $\frac{1}{2}$ cup Miracle Whip |
| 1 cup crushed pineapple , | 3 teaspoons sugar |
| drained | 1 small can cherries, |
| $\frac{1}{2}$ pint Whipping Cream | (Queen Anne or Bing) |

Mix Cream Cheese and Miracle Whip. Add pineapple, sugar and cherries. Whip the cream and fold it in to mixture. Put in ice-cube tray and freeze over night. Serves 6.

Wanda Leigh

RUSSIAN DRESSING

- | | |
|---------------------------|--------------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup vinegar |
| $\frac{1}{3}$ cup catsup | 1 cup oil, including 2 |
| 1 teaspoon Worcestershire | Tablespoons olive oil |
| 2 teaspoons salt | $\frac{1}{8}$ teaspoon ground cloves |
| 1 small onion, minced | 1 clove garlic |

Mix all of the above ingredients together and refrigerate.

Note: I gave this recipe to my daughter-in-law and she tells me practically everyone in Bridleshire Farms is using it!

Thelma Kern

FRUIT COCKTAIL CHEDDAR SALAD

1 can (1 lb. 14-oz.) Fruit Cocktail	$\frac{1}{2}$ pint Dairy Sour Cream
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup slivered Cheddar Cheese	$\frac{1}{2}$ teaspoon lemon rind

Drain fruit cocktail well. Combine other ingredients. Fold in fruit cocktail and chill. Serves 6.

Jean Mosteller

RASPBERRY JELLO

2 (8-oz.) pkgs. or	2 cups hot water *
1 large and 1 small pkg. of partially frozen Raspberries	1 cup apple sauce
	*(use some of the raspberry juice for part of the 2 cups of liquid.)

Mix all of the above ingredients together. Refrigerate. Make this either the night before you plan to serve it or very early the morning before your dinner. Serve with the following dressing, which should also be made ahead of time.

DRESSING

1 cup whipping cream (whipped) or Cool Whip ($4\frac{1}{2}$ oz.)
1 cup miniature marshmallows
1 3-oz. pkg. cream cheese (softened)

Whip the cream first, then thoroughly blend in the cream cheese and fold in the miniature marshmallows. Refrigerate it overnight. Stir it the first thing in the morning and occasionally stir it during the day.

Nellie Collison

MUSTARD

1 cup dry mustard	1 cup white vinegar
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Mix together and let stand overnight in the refrigerator. Next day add 1 cup of sugar, 1 teaspoon of salt and 2 beaten eggs. Cook in double boiler until thickened about 5 to 8 minutes. Delicious on ham and cheese sandwiches and also as a dip.

Thelma Kern

CHRISTMAS SALAD

- | | |
|---|--|
| 1 lb. marshmallows chopped | 1 lb. green grapes, seeded |
| 1 large can pineapple,
drained and chopped | and cut |
| 1 pt. whipping cream | $\frac{1}{4}$ pt. candied cherries
halved |

Mix marshmallows and fruit together. Whip cream. Add 3 Tablespoons sugar and 1 teaspoon vanilla. Mix all together and refrigerate over night. Stir before serving

Karen Young Talley

RASPBERRY CAROUSEL

- | | |
|--------------------------------|-----------------------------------|
| 1 pkg. (3 Oz.) Raspberry Jello | $\frac{3}{4}$ cup cranberry juice |
| 1 cup boiling water | cocktail |
| 1 cup diced apples | $\frac{1}{4}$ cup chopped celery |

Dissolve the Raspberry Jello in the 1 cup of boiling water; add the cranberry juice cocktail. Chill in refrigerator for $\frac{3}{4}$ to 1 hour. Fold in apples and celery and pour into mold. Set back in refrigerator and prepare second layer.

1 pkg. Lemon Jello dissolved in 1 cup of boiling water. Chill until slightly thickened. Combine 1 ($4\frac{1}{2}$ oz.) container Cool Whip and $\frac{1}{2}$ cup of Kraft Mayonaise. Mix with Lemon Jello. Spoon on the Raspberry Jello layer. Chill and serve when set decorated with Cool Whip and maraschino cherries.

Sara T. Savage

SEAFOAM LIME JELLO MOLD

- | | |
|---|--|
| 1 pkg. (3 oz.) Lime Jello | 1 cup boiling water |
| $\frac{1}{2}$ cup cold water | 1 pkg. (8 oz.) cream
cheese |
| 1 cup miniature marshmallows | $\frac{1}{2}$ cup chopped nuts |
| 1 $\frac{2}{3}$ cup (13 oz.) crushed
pineapple (drained) | 8 maraschino cherries
(cut in half) |
| 1 Tablespoon Lemon Juice | |

Dissolve Jello in boiling water. Add cold water and lemon juice. Put all in blender and mix well with creamed cheese. Chill until partly jelled. Fold in marshmallows, nuts, pineapple and cherries. Pour in mold and refrigerate.

Louise Coleman

SOUR CREAM SAUCE

1 cup sour cream $\frac{1}{3}$ cup Half and Half
2 Tablespoons brown sugar

In small bowl combine all ingredients; mix well. Spoon over fresh fruit. Makes $1\frac{1}{2}$ cups.

Nellie Collison

GERMAN SAUCE

$\frac{1}{2}$ lb. bacon fried crisp, remove bacon and Add:
 $\frac{1}{4}$ Tablespoons flour $\frac{1}{4}$ teaspoons sugar
 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon celery seed
Dash of pepper

Mix and bring to a boil. Remove from heat and add $\frac{2}{3}$ cup water and $\frac{1}{4}$ cup vinegar. Return to heat and bring to boil to thicken. Crush bacon and sprinkle over the beans (stringed) or potatoes, (whichever you are using with the sauce). Add the cooked sauce.

Barbara Bannowsky

MARGE'S SPICY FRENCH DRESSING

1 teaspoon grated onion $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt $\frac{1}{3}$ cup tomato catsup
1 cup salad oil $\frac{1}{4}$ cup vinegar

Prepare onion and put in mixing bowl. Add sugar, salt and catsup to it, stirring them together. Add oil, one Tablespoon at a time, beating it in with a whisk as it is added. Beat it all in slowly so you blend it well. Last, add vinegar slowly, beating it in also. Serve immediately or store in a tightly covered jar, beating or shaking it well each time before using.

This dressing, too, may be folded with whipped cream (sweet or sour). Allow one half as much dressing as cream.

Phyllis Hamilton

7 LAYER SALAD

- | | |
|---|--|
| 1 medium head lettuce
(about 6 cups) | 1 cup coarsely chopped
Celery |
| 1 cup coarsely chopped
green pepper | 1 cup coarsely chopped
Onion |
| 1 cup cooked Peas | 1 to 1½ cups Hellman's
Mayonnaise |
| 2 Tablespoons sugar | 8 strips of Bacon, cooked,
drained and crumbled |
| 2½ cups shredded Cheese | |

Arrange lettuce in bottom of a deep bowl. In layers add celery, green pepper, onions and peas. Do Not Toss. Spread mayonnaise evenly over peas. Sprinkle with sugar. Add layer of cheese. Cover and refrigerate for at least 4 hours. Sprinkle bacon over salad before serving. Makes 10 to 12 servings.

Lorraine Hudson

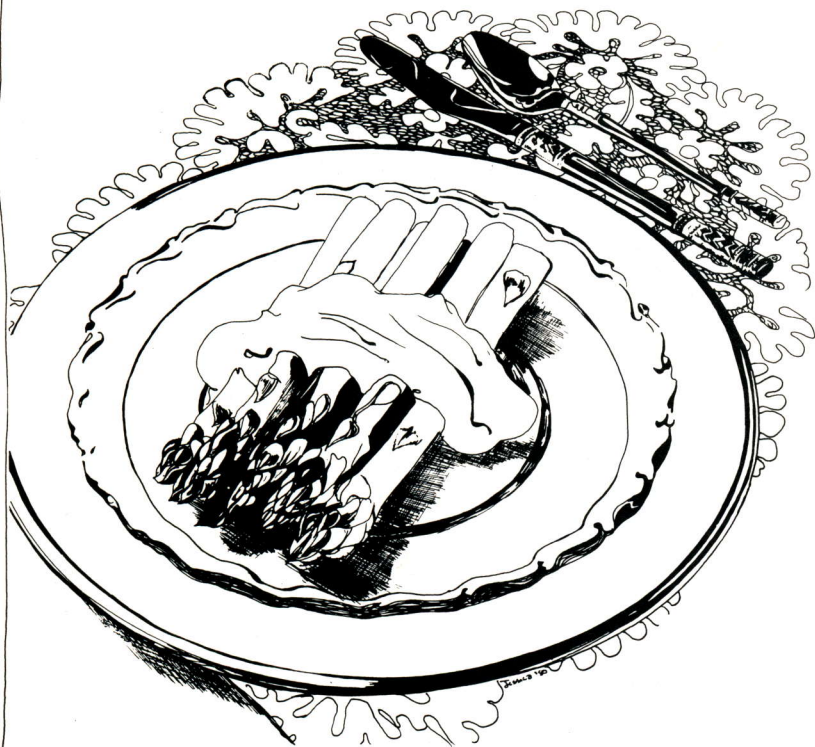
ENDIVE WITH DRESSING

- | | |
|------------------------|--|
| 1 egg | 1½ Tablespoons Flour |
| 1 teaspoon dry mustard | 3 Tablespoons sugar |
| 1 teaspoon salt | 1 cup milk |
| 2 Tablespoons vinegar | Bacon and drippings (Cut
in 1 inch pieces - fry
until crisp. Drain on
paper towel). |

Remove all but 1½ Tablespoons of bacon fat from skillet. Mix flour, mustard, sugar, salt, milk and vinegar. This can be thickened just before serving endive. Clean endive ahead and drain water from head - hold head in hand and slice thin - dry with paper towels so dressing will not be watered down. Thicken the dressing by stirring over a low heat until the right consistency; then add the endive. The hot sauce will cook the endive and be ready to serve in a moment. Add bacon bits on top of endive for garnish.

Thelma Kern

Vegetables



ASPARAGUS CASSEROLE

1 tall can Asparagus
2 cups white sauce

2 hard boiled eggs
almonds

Combine all of the above ingredients with part of the asparagus juice. Sprinkle top of casserole with Corn Flakes. Bake for 20 minutes in 350° F. oven.

Helen Walter

BAKED RICE

2 cups boiling water
2 Tablespoons butter
2 Tablespoons minced onion

3/4 cup rice
2 teaspoons salt and
pepper to taste

Pour the boiling water over the rice and mix thoroughly with the other ingredients. Place in a 350° F. oven and cook for 30 minutes. Stir with fork twice.

Nellie Collison

CABBAGE

Cut a small hard crisp head of cabbage in quarters. Remove centers. Cut up in coarse pieces. Cover and boil for 20 minutes. Drain and sieve 1 pint cabbage juice. Melt 2 teaspoons butter, 2 teaspoons flour, 1/2 cup rich milk, 1/2 teaspoon salt and 1/4 teaspoon of pepper. Add cabbage with the beaten Yolk of 1 egg.

Helen Walter

EGGPLANT WITH TOMATOES

Boil egg plant in lightly salted water. Pour off dark water and boil until tender. While it is cooking, cook onion, pepper and tomatoes. When all are done, combine (after draining) and place in baking dish or pie plate; top with 2 slices of American cheese and place under broiler until cheese melts.

Nellie Collison

APRICOT GLAZED CARROTS - Mary Ellen Fowler

4 cups sliced carrots
1/3 cup apricot preserves
1/4 teaspoon grated orange rind
2 teaspoons lemon juice

3 Tablespoons butter
1/4 teaspoon salt
1/4 teaspoon nutmeg

Cook carrots until tender in enough salted water to cover. Combine other ingredients. Spoon over carrots.

CHEESE PUFF

8 slices white bread, fresh 6-oz. ($1\frac{1}{2}$ cups) grated
or stale or any left over cheese,
 $1\frac{1}{2}$ cups milk which can be grated
3 eggs Dash salt, pepper, paprika

Cut bread in $1\frac{1}{2}$ diagonal pieces. Arrange in the bottom of an 8 inch square baking dish. Sprinkle with cheese. Beat eggs, milk, salt, pepper and paprika. Pour over bread. Refrigerate one hour or more. Bake 1 hour at 350° . Serves 8. Makes a good dish for 4, when you cut the recipe in half.

Agnes Jones

CORN PUDDING

1 can cream style corn 1 cup milk
1 Tablespoon sugar 1 Tablespoon melted butter
3 eggs beaten light Salt to taste

Scald milk (bring to almost boiling BUT do not boil). Add butter, sugar, salt and corn. Fold in beaten eggs. Pour into casserole and place in pan of HOT water. Bake at 375° for $3\frac{1}{4}$ to 1 hour, until knife inserted near center of pudding comes out clean. Serve.

Libby Hancock

BUTTERNUT SQUASH

2 butternut squashes 1 or more Tablespoons of
Salt butter or margarine
Sugar and light cream, if
desired

Rinse squashes, then cut crosswise into $\frac{1}{2}$ inch slices for easy peeling. Peel, then scoop out seeds and membrane with small spoon. Cook in lightly salted water until tender. Drain well. Mash, add margarine, and stir until smooth. Add a little sugar and light cream, if desired, and stir again. (After squash is drained well, I let the electric mixer do the mashing and stirring until smooth.)

Edith Davis

SPINACH AND MUSHROOM SALAD

Fresh spinach, broken into pieces Fresh mushrooms, sliced
Eggs, hardboiled and chopped

Place in bowl and toss with the following dressing, made in advance and cooled. (Dressing keeps indefinitely in refrigerator and may be used for other salads.)

DRESSING:

1 can tomato soup	3/4 cup vinegar
1/2 cup oil	2/3 cup sugar
1/4 teaspoon paprika	2 Tablespoons Worcestershire sauce
1 teaspoon dry mustard	1/2 teaspoon onion salt (If preferred use 1/2 teaspoon salt)
1/4 teaspoon garlic salt (if desired)	

Stir well; bring to a boil and cool.

Edith Davis

EGGPLANT CREOLE

Peel and cube one medium eggplant. Cook in boiling water for 10 minutes. Drain well, then place in casserole.

Melt 3 Tablespoons of butter, add 3 Tablespoons of flour to this. Peel and chop 3 large tomatoes or use 1 lb. can of Tomatoes DRAINED. Seed and chop 1 small green pepper. Peel and chop one small onion. Add these vegetables to butter and flour with 1 teaspoon salt, 1 Tablespoon brown sugar, 1/2 bay leaf, and 2 whole cloves. Cook all ingredients 5 minutes until thick. Pour over eggplant in casserole. Cover top with fresh bread crumbs. Sprinkle with grated cheese (optional). Bake 30 minutes in 350° oven.

Libby Hancock

FRIED APPLES

4-5 tart red apples	2 Tablespoons Margarine or bacon drippings
Light dash salt	
Brown sugar, 1 Tablespoon to 1/2 cup as desired	

Melt margarine in skillet with lid. Add apples, cored and sliced thin, but not peeled. Add sugar and very light dash of salt. Cover and cook over medium heat stirring occasionally until tender. Ten to fifteen minutes.

Edith Davis

PINEAPPLE CASSEROLE

- | | |
|---|--|
| 1 2 $\frac{1}{2}$ -oz. can Pineapple
<u>crushed</u> or apples | 2 eggs well beaten
1 Tablespoon flour
dash of salt |
| $\frac{1}{2}$ cup sugar | |
| 3-4 slices buttered bread - cut in cubes (Does not have to be fresh). | |

Mix above ingrediants in a medium size mixing bowl. Put in greased casserole. Bake at 400° for 30 minutes or until done. Can be prepared in advance (morning) and refrigerated until ready to cook and serve. Serves four. Can be used as a dish with Ham or as a Dessert with whipped cream topping.

Agnes Jones

CRUSTY PECAN SQUASH

- | | |
|---|---|
| 2 12-oz. pkgs. frozen yellow
Squash THAWED | 1/3 cup butter, melted
1/3 cup PET milk |
| 2 Tablespoons brown sugar | 1 teaspoon salt |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{2}$ teaspoon Nutmeg |
| $\frac{1}{2}$ cup broken pecans | 2 Tablespoons Karo syrup -
white or dark |

Combine squash, butter, milk and sugar. Stir in seasonings. Put into a 1 $\frac{1}{2}$ quart casserole. Mix nuts and syrup and spread on top. Bake $\frac{1}{2}$ hour at 400° uncovered.

Libby Hancock

BAKED BEANS

- 2 1-lb. (16 oz.) cans of CAMPBELL'S Pork & Beans
1 teaspoon dry mustard
 $\frac{1}{2}$ cup catsup
 $\frac{2}{3}$ cup brown sugar
5 strips bacon

Mix two strips of bacon cut into 1" pieces with remaining ingrediants and place in casserole. Cut remaining 3 strips of bacon in half and place on top. Bake in 350° oven for at least 1 hour.

Libby Hancock

ESCALLOPED TOMATOES

1 lb. can Tomatoes
2 slices bread
Butter or margarine
Salt and pepper

Garlic salt
 $\frac{1}{2}$ teaspoon grated onion
1 teaspoon sugar

Spread bread with butter and sprinkle lightly with garlic salt. Cut into cubes and combine with remaining ingredients. Four into a 1 quart casserole. Dot with butter. Bake at 375° F. for 20 minutes or until hot and slightly browned. Serves 4.

Phyllis Hamilton

BROCCOLI CASSEROLE

2 10-oz. pkgs. frozen,
chopped Broccoli as pkg.
directs.
 $\frac{1}{2}$ stick of oleo

$\frac{1}{4}$ lb. or 30 Ritz crackers
(rolled fine)
1 cup grated American (or
sharp) Cheese

Cook the 2 packages of frozen, chopped Broccoli as the package directs. Drain well and put in a buttered casserole dish. Add 1 cup of grated Cheese. Dot with $\frac{1}{2}$ stick of Oleo and cover with the Ritz Cracker crumbs. Bake in oven for about 30 minutes at 350° F.

Karen Young Talley
(Edith Davis sent a
similar recipe)

GOURMET ONIONS

Slice five or six medium onions

Season with: $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon freshly ground pepper
 $\frac{1}{2}$ teaspoon monosodium glutamate

Cook in $\frac{1}{3}$ cup Butter or Margarine for 5 to 8 minutes or until onions are barely tender; stir to separate rings. Add $\frac{1}{4}$ cup cooking Sherry. Cook quickly for 2 to 3 minutes. Sprinkle with Parmesan Cheese, if desired.

Lucy Barnes

SWEET POTATOES

- | | |
|-----------------------------------|--|
| 1 can pineapple rings
10 rings | 1 can sweet potatoes
(1 lb. 13 oz.) |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ teaspoon cinnamon |
| 4 Tablespoons butter (soft) | maraschino cherries |

Mash potatoes, sugar, cinnamon and butter together. Place pineapple rings on a cookie sheet. Put 1 scoop of the mashed potatoes on each ring. Top with one cherry and 3 miniature marshmallows. Bake in 400° oven for ten minutes. Serve on Silver or Glass plate.

Karen Young Talley

ESCALLOPED TOMATOES

- | | |
|-----------------------------------|---------------------------------|
| $\frac{1}{4}$ cup margarine | $\frac{1}{4}$ cup minced onions |
| 2 $\frac{1}{4}$ cups bread crumbs | $\frac{1}{2}$ teaspoon sugar |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon pepper |
| 1 can (1 lb. 12 Oz.)
Tomatoes | |

Melt margarine and saute onion until tender in it. Stir in bread crumbs and all seasonings. In a casserole arrange first a layer of tomatoes, then a layer of bread crumbs, and alternate with a top layer to finish of bread crumbs. Bake for 35 minutes at 375°.

Anna McNeel

SPINACH CASSEROLE

- | | |
|---|--|
| 2 pkgs frozen cut spinach | 1 can cream of mushroom
or chicken soup |
| 1 cup Pepperidge Herb
flavored crumbs | 1 egg beaten |
| $\frac{1}{2}$ small onion finely
chopped | $\frac{1}{2}$ cup sharp cheese
(Grated) |

Cook spinach until unfrozen and drain. Mix all ingredients together and put into a greased casserole. Top with 2 Tablespoons of melted butter and $\frac{1}{2}$ cup of herb crumbs and $\frac{1}{2}$ cup of grated sharp cheese. Bake at 350° for 35 minutes.

Louise Coleman

BROCCOLI CASSEROLE

3 pkgs. frozen, chopped broccoli	$\frac{1}{2}$ stick butter $\frac{1}{2}$ lb. velveta cheese (grated)
$\frac{1}{4}$ lb. Ritz crackers, crushed	
$\frac{1}{2}$ stick butter	

Cook 3 packages of frozen, chopped broccoli as directed. Drain off liquid. Add, while hot, $\frac{1}{2}$ stick of butter, $\frac{1}{2}$ lb. of velveta cheese (grated). Stir together and pour into a buttered casserole dish. Crush (with rolling pin) $\frac{1}{4}$ lb. of Ritz crackers. Mix with $\frac{1}{2}$ stick butter and sprinkle on top of broccoli mixture. Bake for 20 - 30 minutes in 350° F. oven. Serves 8.

Sara Slack

BROCCOLI CASSEROLE

2 (10-oz.) pkgs. frozen, chopped broccoli	1 can Cream of Chicken soup
1 can Mushroom soup (cream)	Tablespoon dried onion
1 small pkg. Pepperidge Farm Stuffing	2 Tablespoons butter

Cook broccoli and drain. Grease an 8 X 8" pan. Mix Chicken and mushroom soups, dried onion and broccoli together. Put in pan. Mix $\frac{2}{3}$ of the package of stuffing with butter and sprinkle on top of the broccoli. Place in a 325° F. oven for 25-30 minutes. Check oven to see that the topping does not brown too quickly.

Betty Lamborn

CARROTS DELECTABLE

6 carrots, pared cut diagonally into 1" slices	2 teaspoons butter $\frac{1}{4}$ cup light brown sugar
1 teaspoon corn syrup, light	2 teaspoons prepared mustard
$\frac{1}{4}$ teaspoon salt	

Simmer cut carrots in salt water until tender; drain. Meanwhile, combine 2 teaspoons margarine or butter, sugar, corn syrup, salt and mustard in small saucepan. Cook until blended, stirring constantly. Pour mixture over carrots. Serve.

from "Dedication Day Recipes"-Kate Duncan Smith School

ESCALLOPED POTATOES

- | | |
|----------------------------|--------------------------|
| 3 oz. Cream Cheese | 4 cups frozen Hash Brown |
| 1 can Cream of Celery Soup | Potatoes |
| $\frac{1}{2}$ cup milk | |

Melt in saucepan on low heat. Pour the above over the 4 cups of frozen hash brown potatoes. Cook 1 hour at 350° F. Top with $\frac{1}{2}$ cup shredded Cheddar Cheese. Cook 15 minutes more

Betty Lamborn

ESCALLOPED TOMATOES

- | | |
|------------------------------------|-------------------------------------|
| 3 cups tomatoes, raw or | 1 cup sliced onions |
| canned | 2 teaspoons sugar |
| Salt and pepper | $\frac{1}{2}$ cup cracker crumbs or |
| $\frac{1}{2}$ cup grated cheese or | bread crumbs |
| 3 Tablespoons butter | |

If using ripe tomatoes, scald in boiling water for 15 seconds. Cool under cold running water and peel. Remove cores, cube or slice.

In a baking dish, arrange layers of tomatoes, onions and sprinklings of sugar, salt and pepper. Top with either the cracker crumbs and dotted butter or the bread crumbs and grated cheese. Bake at 350° F. for 45 minutes. Makes 6 to 8 servings.

Mary Ellen Fowler

ZUCCHINI SAUTE

- | | |
|-------------------------|------------------------------------|
| 6 medium-size Zucchini | 1 Tablespoon soy sauce |
| 1 small onion, grated | $\frac{1}{4}$ cup toasted slivered |
| 3 Tablespoons butter or | Almonds |
| margarine | 2 Tablespoons chopped |
| | Parsley |

Wash zucchini; trim ends, then cut each lengthwise in 6 sticks. Saute, turning often, with onion in butter or margarine in a medium-size frying pan, 10 minutes or until tender. Spoon into a serving bowl; drizzle with soy sauce; sprinkle with almonds and parsley. Makes 6 servings.

Jean Mosteller

CREAMY CHICKEN RICE SOUP

Tastes homemade but uses convenience foods.

- | | |
|------------------------------------|---------------------------------|
| 1 can tomato rice soup | 1 can cream of chicken soup |
| $\frac{1}{2}$ teaspoon dry mustard | |
| 2 $\frac{2}{3}$ cups milk | $\frac{1}{4}$ cup chopped onion |
| $\frac{1}{2}$ teaspoon pepper | 1 cup (4-oz) shredded cheese |

Combine the two soups and the mustard in a 2 quart saucepan. Gradually stir in 2 $\frac{2}{3}$ cups milk, onion and pepper. Heat to serving temperature, remove from heat and stir in shredded cheese. Serve immediately. Makes about 5 $\frac{1}{2}$ cups or 6 servings.

Thelma Kern

SWEET POTATO SOUFFLE

- | | |
|--|--|
| 3 cans (1 pound each) sweet potatoes or yams, well drained | $\frac{1}{2}$ cup butter or margarine melted |
| $\frac{1}{2}$ cup sugar | 5 eggs separated |
| 2 Tablespoons grated orange rind | $\frac{1}{4}$ cup milk |
| | 1 teaspoon salt |
| | $\frac{1}{2}$ teaspoon ground ginger |

Heat oven to 325°. Place drained sweet potatoes in large mixing bowl. Beat with electric mixer until all lumps have disappeared. Beat in butter or margarine. Add egg yolks, beating well after each addition. Blend in sugar, milk, orange rind, salt and ginger. Beat egg whites until stiff peaks form. Fold into potato mixture. Pour into 2 quart baking or souffle' dish. Bake for 1 hour and 10 minutes or until souffle' is set in center. Makes 8 servings.

Mary Ellen Fowler

BOURBON SWEET POTATOES

- | | |
|---|--|
| 4 lbs. sweet potatoes | $\frac{1}{3}$ cup orange juice |
| $\frac{1}{2}$ cup Bourbon | $\frac{1}{4}$ cup brown sugar |
| $\frac{1}{2}$ cup melted butter or Squeeze Parkay | 1 teaspoon salt |
| | $\frac{1}{2}$ teaspoon Pumpkin Pie Spice |

Cook potatoes until soft. Cool, drain and beat with hand mixer or electric beater. Add other ingredients and continue beating until fluffy. Put in a 6 cup casserole. Top with pecans and bake at 350° until hot and slightly brown. Delicious!

Barbara Bannowsky

CARROTS WITH PARSLEY

2 slices bacon	2 ozs. small onions
8 ozs. frozen baby carrots	$\frac{1}{2}$ cup chicken bouillon
$1\frac{1}{2}$ teaspoons lemon juice	$1\frac{1}{2}$ teaspoons sugar
2 Tablespoons chopped parsley	

Cut the bacon into small pieces and fry in a skillet. Peel and quarter the onions and fry in the skillet for a short time with the bacon. Add the carrots and bouillon and simmer for about 15 to 20 minutes. Just before serving, season with lemon juice and sugar and sprinkle with parsley. If fresh carrots are used, they will have to be simmered considerably longer. Serves 2.

Lucy Barnes

SQUASH CASSEROLE

6 cups yellow summer squash (approximately 2 lbs.)	$\frac{1}{2}$ cup chopped onions
1 cup sour cream	1 can condensed cream of chicken soup
1 cup shredded carrots	1 8-oz. pkg. Herb stuffing Mix
$\frac{1}{2}$ cup butter	

Cook squash, onion in salted water about 5 minutes. Drain. Combine soup and sour cream. Stir in shredded carrots. Fold in squash and onion. Combine stuffing mix and butter. Spread $1/2$ of the stuffing mix in the bottom of a casserole dish. Spoon in squash mixture. Sprinkle with remaining stuffing mix. Bake at 350° F. for 25 to 30 minutes until heated through. Very good.

Karen Young Talley

EASY CORN SOUFFLE

1 can corn niblets or 2 cups cooked corn, cut from cob	1 teaspoon salt
$\frac{1}{2}$ cup milk	1 Tablespoon sugar
3 eggs	1 Tablespoon cornstarch
	4 Tablespoons melted butter

Put butter (or margerine) in casserole in oven to melt, This will grease the casserole, while melting the butter. Meanwhile, put all other ingredients in blender, then add melted butter. Blend all ingredients, pour into casserole and bake 45 to 55 minutes in a 400° F. oven.

Lucy Barnes

MARINATED CARROTS

1 cup vinegar
1/3 cup oil

1 1/2 cup sugar

Mix and bring to a boil

Spread in a shallow dish 1/2 jars of small carrots.

Sprinkle the following ingredients on top of the carrots.

1 chopped green pepper
Chopped green onions

1 small jar pimento, chopped

Pour liquid over all and refrigerate for 24 hours before serving. This keeps a long time if refrigerated and can be served again and again.

Lorraine Hudson

ORANGE - RAISIN CARROTS

1 lb. carrots, peeled and
sliced

3/4 cup water

1 cup orange juice

2 Tablespoons corn starch

1 Tablespoon sugar

1/2 cup raisins

Combine carrots, water and salt in a medium saucepan, bring to a boil. Cover, reduce heat and simmer 6 to 8 minutes or until carrots are tender.

Dissolve cornstarch in orange juice. Stir into carrot mixture. Stir in raisins and sugar. Cook on medium heat, stirring constantly until smooth and thickened.

Mary Ellen Fowler

CORN PUDDING

2 Tablespoons flour

2 Tablespoons white or
brown sugar

1 teaspoon salt

2 (1 lb.) cans cream style
Corn

6 eggs separated

3 cups milk

1/2 cup butter, melted

Combine flour, sugar and salt. Stir into corn. Add egg yolks with milk and melted butter and cook and stir until slightly thickened. Beat egg whites and fold into cooled Corn mixture. Turn into a greased 2 quart baking dish and bake at 350° F. 1 to 1 1/2 hours or until golden. 10 servings.

Thelma Kern

SPINACH BALLS

1 10-oz. pkg. frozen spinach	$\frac{1}{2}$ teaspoon thyme
<u>cooked</u> and <u>drained well</u>	$\frac{1}{2}$ teaspoon black pepper
1 cup herb bread stuffing mix	$1\frac{1}{2}$ teaspoon MSG
1 onion - chop fine	$\frac{1}{3}$ cup or little more of
3 eggs beaten	melted butter or
$\frac{1}{4}$ cup grated parmesan cheese	margarine
sprinkle of garlic salt	

Drain spinach well, add other ingredients. Mix well. Chill 1 hour in refrigerator. Shape into small balls - about $\frac{3}{4}$ " in diameter, so will be bite-sized. Bake 20 minutes at 350° on ungreased cookie sheet. Serve hot with toothpicks. Makes about 80. (Great to freeze before baking and use later.)

Libby Hancock

BAKED ACORN SQUASH

2 acorn squashes	margarine
salt	nutmeg
sugar, if desired	

Rinse whole squashes and boil in enough water to cover for 10 minutes. Cut, length-wise, into halves or quarters. Remove seeds and membrane with spoon. To each piece, skin side down, add salt, nutmeg, and $\frac{1}{2}$ to 1 teaspoon of margarine or butter, and a teaspoon of white or brown sugar, if desired. Bake uncovered in medium oven 30-40 minutes. Serves 4 to 8.

Edith Davis

HARVARD BEETS

1 1-lb. can sliced beets	$\frac{1}{2}$ cup sugar
(DRAINED)	$\frac{1}{2}$ cup vinegar - white
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ teaspoon cornstarch
$1\frac{1}{2}$ teaspoon butter	

Bring sugar, vinegar and salt to boil. Mix cornstarch with a little water and add to other ingredients. Add drained beets. After thickened, add butter and stir.

Libby Hancock

ITALIAN ZUCCHINI PIE - a Quiche that we all love!

4 cups thinly sliced Zucchini	1 cup chopped onion
to $\frac{1}{2}$ cup margarine	$\frac{1}{2}$ cup chopped parsley or
teaspoon salt	2 Tablespoons parsley
teaspoon pepper	Flakes
teaspoon garlic powder	$\frac{1}{2}$ teaspoon Basil
teaspoon oregano leaves	2 beaten eggs
1 8-oz. pkg. shredded mozzarella or muenster cheese.	

Cook and stir zucchini, onions in the margarine for 10 minutes. Stir in parsley, basil, salt, pepper, oregano leaves, and garlic powder. Combine 2 beaten eggs with the cheese. Stir in Zucchini mixture.

Prepare a 10 inch Pie Crust. Prick the sides with a fork and if you like "paint" the bottom with Dijon mustard. Pour your Zucchini mixture into the unbaked pie shell and cook in a preheated oven at 375° F. for 20 minutes. (Or, until center is set). Let stand for 10 minutes before serving. Serves 6.

Jean Mosteller

NEVER-FAIL CHEDDAR SOUFFLE

6 oz. sharp Cheddar cheese	6 large eggs, separated
6 Tablespoons butter or Margarine	6 Tablespoons Flour
$\frac{1}{2}$ teaspoon paprika	$\frac{1}{2}$ teaspoon salt
	$1\frac{1}{2}$ cups milk

Melt the butter in the top of a double boiler over medium heat. Blend in flour and seasonings. Add milk, all at once, and cook stirring constantly until thickened. Put in cheese (shredded or cut up in small bits) and stir until melted. Remove from heat.

In a separate bowl, beat egg yolks until thick and gradually stir into cheese mixture. Beat egg whites separately until soft peaks form. Gradually fold the cheese mixture into the beaten egg whites. Turn mixture into a buttered 2 quart Souffle dish and bake at 350° F. for 45 minutes. Do not open oven door until time is up. Serves 6 - serve immediately.

If you refrigerate the mixture, start cold Souffle in cold oven 350° F. and bake for 50 minutes. If you freeze, start frozen Souffle in cold oven set at 350° F. and bake for $1\frac{1}{2}$ hours. Ginny Pizzala had this recipe published in the NewsJournal last year. Nancy Whitlock

SPINACH PIE

2 pks. frozen chopped spinach - boil in water for 2 minutes. Drain well.

1 can cream of mushroom soup 1 cup Pepperidge Farm
plus $\frac{1}{2}$ cup water Herb flavored crumbs.
1 egg 1 small onion, chopped fine
 $\frac{1}{2}$ cup sharp cheese,grated.

Mix above ingredients. Put in a greased pan or casserole about 1 quart size. Top with 2 Tablespoons Butter or oleo which has been melted and $\frac{1}{2}$ cup herb bread crumbs and the grated cheese. Bake at 350° for 30 minutes.

Louise Coleman

SQUASH SOUFFLE

2 cups yellow summer squash 3 Tablespoons butter or
1 cup milk margarine
1 cup dry bread crumbs 2 Tablespoons grated onion
2 eggs,beaten $\frac{1}{2}$ cup buttered bread crumbs
salt and pepper to taste

Cook squash, mash. Melt butter or margarine in hot milk. Pour over bread crumbs. Mix well. Add to squash. Add seasonings and beaten eggs. Pour into a buttered baking dish. Top with buttered bread crumbs. Bake at 300° until firm. Enjoy the results. Serves 6 to 8.

Barbara Bannowsky

FRIED GREEN TOMATOES

4 to 5 medium size tomatoes - the GREENER the better. Trim off blossom and stem end and slice about $\frac{1}{4}$ inch thick. Prepare a plastic bag with $\frac{1}{2}$ cup corn meal and $\frac{1}{2}$ cup flour. Shake the tomato slices in this mix. Fry slowly in oil or bacon drippings until brown on both sides in uncovered frying pan. (Just after you put the tomatoes in to fry - salt them lightly). Women in West Virginia used to fry their green tomatoes in butter and after the tomatoes were taken out, they added flour and milk and made gravy.

Edith Davis

large young Zucchini or two 1 1-lb. can tomatoes, DRAINED,
smaller ones, UNpeeled save juice
1 onion 1/2 cup juice from tomatoes
1 can tomato paste salt, pepper and oregano to
taste

Saute onion until soft (not brown). Add zucchini cut into cubes and 1/2 cup juice from tomatoes. Cover pan and steam until zucchini is tender. Add canned tomatoes and stew UNCOVERED until juice is gone. Add tomato paste and seasonings. Place 1/2 of mixture in casserole and sprinkle well with parmesan cheese. Repeat. Cook at 350° uncovered for 20-30 minutes, until heated through. Will be bubbly around edges.

TOMATO DUMPLINGS

1 quart home-canned tomatoes	1 cup Bisquick
or 3 to 4 cups tomatoes	1/3 cup milk, or enough to make soft dough
and juice	1/2 cup heavy cream
Pinch salt	1-2 Tablespoons margarine
1 teaspoon sugar	

Put Tomatoes, salt, sugar and margarine in a 3 quart kettle that has a tight lid. Mash tomatoes and boil about 5 minutes. Mix milk with Bisquick and drop by teaspoon, using knife to remove from spoon, into the boiling tomatoes. Shake kettle so liquid covers all. Cover; reduce heat; and cook 10 minutes without peeping. Lift dumplings out with a slotted spoon, into serving dish. Stir tomatoes; add heavy cream while stirring and with kettle over the heat. Do not allow to boil. Pour over dumplings in serving bowl. Serves 6-8. This is especially good with ham. My Mother-in-law used trimmings from making biscuits instead of the Bisquick for the dumplings.

Edith Davis

Meat



FRENCH OVEN STEW

- | | |
|--|---|
| 3 lbs. cubed chuck (plenty of meat) | 4 carrots (or more) sliced 1/2 inch thick |
| 3 ribs of celery (or more) cut into 2" lengths | 2 teaspoons salt (to taste) |
| 3 or 4 onions (or more) sliced 1/2" thick | pepper to taste |
| 1/3 cup INSTANT Tapioca (don't be heavy-handed or will be too thick) | 1 teaspoon basil |
| | 3 cups V-8 juice |
| | 2 or 3 medium potatoes, peel and slice 1/2" thick |
| | Add some turnips if you wish |

Combine all BUT potatoes (and turnips). Cook in COVERED casserole in 300° oven for 2 hours. Add turnips, if any. Cook 1/2 hour more. Add potatoes and cook UNCOVERED another hour. Serves 8 or more. (The more vegetables the more servings.) Good made day before.

Libby Hancock

SPICY PORK CHOPS

- | | |
|--------------------|---------------------------------|
| 6 thick pork chops | 1 6-oz. can frozen orange juice |
| 2/3 cup water | |
| 2 to 3 onions | |

Sprinkle pork chops with salt and brown in skillet. Put into baking dish with a tight cover. Mix orange juice with water and pour around chops. Put a slice of onion on each chop.

Mix thoroughly and sprinkle over chops these ingredients:

- | | |
|---------------------------|------------------------------|
| 2 Tablespoons brown sugar | 1½ teaspoons ginger or less |
| ½ teaspoon Marjoram | 1 teaspoon poultry seasoning |

Cover and bake at 350° for 1½ hours. Serves 6

Edith Davis

FLANK STEAK TERRIYAKI

- | | |
|-------------------------------|--------------------------|
| 3 lb. flank steak | ¼ cup Sherry |
| ¼ cup Soy sauce | ¼ cup olive or salad oil |
| 1 or 2 garlic cloves (minced) | ½ teaspoon ground ginger |
| | dash - pepper |

Trim fat and membrane from steak and score both sides into diamond shape by cutting ¼" deep diagonal slices. Combine remaining ingredients, pour over steak and marinate for at least 1 hour. Take steak out of sauce and broil quickly 3 inches from heat for 3 to 5 minutes. Turn and broil 5 minutes more. Wanda Leigh

CORNED BEEF JELLIED LOAF

1 can corned beef
2 Tablespoons sweet pickle
relish
1 3 oz. box of Lemon Jello
1½ cup boiling water

1 cup finely chopped
Celery
1 cup Mayonaise or
Miracle Whip

Break up corned beef with fork. Add Celery, onion and pickle relish. Dissolve lemon jello in boiling water. Add hot jello mix to beef mixture. Cool. Add Mayonaise, 2 Tablespoons of chopped green pepper if you like. Pour in loaf pan or 8 X 8 dish. Refrigerate.

Louise Coleman

MEAT LOAF

2 lbs. meat
1 cup tomato juice
1 cup crutons

1 pkg. Lipton Onion Soup
1 small can mushrooms

Mix well and bake at 350° for about 45 minutes.

Elizabeth M. Van Sant

DUTCH MEAT LOAF

1½ lb. ground chuck
1 medium onion finely
chopped

1½ cup tomato sauce (divided)
1 Tablespoon French's Mustard

1 cup bread crumbs
1½ teaspoon salt
¼ teaspoon pepper
2 Tablespoons vinegar
2 Tablespoons brown sugar

Combine beef, bread crumbs, onion, salt, pepper.
Mix tomato sauce, onion, vinegar, mustard and brown sugar. Mix half of the sauce in with meat loaf.
Press into a 9 x 7 x 3" pan or loaf pan. Pour other half of sauce over meat. Bake at 350° for 1 hour.

Louise Coleman

MEAT LOAF

2 lb. ground beef	2 eggs
2 Tablespoons melted butter	1 small onion sauted in melted butter
Nutmeg gratings	
1 teaspoon salt	$\frac{1}{4}$ teaspoon pepper
2 slices bread broken in cup - fill cup with tomatoes or tomato juice	

Mix all of the above ingredients together and bake at 350° F. for one hour.

Phyllis Hamilton

SLOPPY JOES

2 lb. ground beef	1 large onion. chopped
1 green pepper, diced	1 cup catsup
3 Tablespoons mustard	3 Tablespoons sugar
1 teaspoon Chili powder	Dash Worcestershire sauce
Salt and pepper to taste	

Brown ground beef, onion and diced pepper in skillet. Drain; mix together ketchup, mustard and sugar. Add Chili powder, Worcestershire sauce and salt and pepper. Stir and heat. Pour mixture over ground beef, onion and peppers. Stir again. Serve piping hot on hamburger rolls.

Karen Young Talley

BUTTER-BARBECUED BEEF LOAVES

2 lbs. ground lean hamburger	$\frac{1}{4}$ cup catsup
2 eggs, slightly beaten	$1\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cracker crumbs	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{3}$ cup chopped green pepper	8 onion slices
$\frac{1}{4}$ cup milk	Butter Barbecue Sauce *

Combine beef, eggs, crumbs, green pepper, milk, catsup, salt and pepper. Divide into 8 portions on double thick squares of aluminum foil. Shape into loaves. Top each with sauted onion slices (lightly sauted), 2-3 Tablespoons butterbarbecue sauce. Bring up sides of foil, fold down on loaf in tight double folds; fold ends over and close to meat. Grill 3 inches from coals for about 15 minutes; turn packages, grill 15 minutes longer.

Butter Barbecue Sauce on next page

Jean Mosteller

BUTTER BARBECUE SAUCE * (Continued)

1 stick butter	3 Tablespoons Worcestershire
$\frac{1}{2}$ cup chopped onion	Sauce
$\frac{1}{2}$ cup catsup	$\frac{1}{2}$ cup firmly packed brown
$1\frac{1}{2}$ teaspoons Chili powder	Sugar
1 teaspoon salt	$\frac{1}{8}$ teaspoon pepper
Dash of Tabasco sauce	

Melt butter; add onion and cook until tender. Stir in remaining ingredients and simmer for 5 minutes. Pour on Beef Loaves before sealing the packages. If stored in the refrigerator, warm before using. This makes about a cup of sauce. I would think it would also be good on chicken as an unusual barbecue sauce.

Jean Mosteller

SCANDINAVIAN STUFFED CABBAGE

$\frac{1}{2}$ cup rice (cooked)	12 large Cabbage leaves
$1\frac{1}{2}$ cups milk (cook rice in	2 Tablespoons butter
$1\frac{1}{2}$ lbs. lean ground beef	1 can tomato sauce (8-oz.)
1 egg	$\frac{1}{2}$ cup heavy cream
$\frac{1}{2}$ teaspoon caraway seed	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	1 medium chopped onion
$\frac{1}{2}$ cup water	$\frac{1}{2}$ lb. lean ground pork

Cook rice until tender. Mix beef, pork, egg, cream, caraway seed, rice, salt and pepper. Set aside. Cook cabbage leaves in boiling water for about 2 minutes to make them pliable, drain on paper towels. Cut out hard spine. Divide meat mixture among cabbage leaves. Fold sides of each leaf over stuffing. Roll from thick end. In a large skillet melt butter. Lightly brown stuffed cabbage rolls. Transfer the rolls to a shallow casserole or baking dish. Save pan drippings. Add tomato sauce to drippings. Bring to a boil; then pour over the cabbage rolls. Bake in a 350° F. oven for 35 minutes or until the sauce is bubbly.

Nancy Whitlock

GOOD 'N' PLENTY SKILLET

- | | |
|---|------------------------------------|
| 1 lb. ground beef | 5 or 6 cups boiling water |
| 2 envelopes (1 pkg. 2 3/4 oz.) Dry Onion soup mix | 1 Bay leaf |
| 1 can (4 oz.) sliced mushrooms, undrained | 1/4 teaspoon ground black pepper |
| 1/2 cup dry red wine | 1 can (8 oz.) Tomato sauce |
| | 1 1/2 cups uncooked elbow macaroni |

In a large skillet (12 inch with lid) cook hamburger until it loses its red color; break up meat with spoon as it cooks. Stir in 5 cups boiling water, onion soup mix, bay leaf, pepper, mushrooms, tomato sauce and red wine. Heat mixture to boiling. Stir macaroni into boiling liquid; return to boiling. Reduce heat, cover and boil slowly, stirring frequently, 25 to 30 minutes or until pasta is cooked through. Add additional boiling water, if needed. Makes 6 servings.

Lucy Barnes

COUNTRY PORK CHOPS

- | | |
|---------------|--------------------|
| 4 Pork chops | 4 carrots |
| Large onion | Flour for dredging |
| salt | pepper |
| 1/3 cup water | |

Dredge pork chops in flour, salt and pepper. Brown in a small amount of hot fat. Slice carrots and place under pork chops. Slice onion and place on pork chops. Add water. Bake in 350° F. oven for 50 minutes. Use a lid for at least a short time, removing if you want more crispness. You may have to add a little more water from time to time.

Phyllis Hamilton

PORK CHOPS, POTATOES & ONIONS

Use as many pork chops as necessary to serve your guests. Use 1 large potato per chop and 1 medium onion per chop.

Take a large roasting pan and line the bottom with chops. Slice potatoes and onions and spread layer of each over the chops. Sprinkle salt and pepper to taste. Add additional layers as needed.

Cook 45 minutes at 350° F. (Additional time may be required if more than one layer is used). Remove from oven and pull pork chops out placing them on top of potatoes and onions. Replace in oven to brown pork chops. Serve with applesauce and a vegetable. Makes a quick easy meal.

Pat Swift

AMERICAN CHOP SUEY

2 green peppers, chopped 2 medium onions, chopped
1½ cups chopped celery 2 Tablespoons Fat (or Oleo)

Brown these ingredients for 10 minutes in the Fat in a skillet. Next add 3/4 lb. of ground round beef; cook until the "red" disappears. (Can use hamburger). Put in kettle with 2 cups tomatoes, 1 teaspoon salt, 1 Tablespoon Sugar and 1 teaspoon of pepper. Cook until thick. Add one package of spaghetti, which has been cooked. Simmer one hour. (Use small pkg. spaghetti).

Helen Walter

MAGNIFICENT MEAT BALLS

1 lb. ground chuck 2/3 cup evaporated or
2 teaspoons Worcestershire regular milk
Sauce 1 envelope onion soup or
dip mix (Liptons)

Combine ingredients and chill until firm enough to shape. Broil 10 minutes. Makes about 25 balls

RED HOT SAUCE *for meat Balls*

½ cup chopped onion ¼ cup minced green pepper
2 Tablespoons oleo 1½ cup hot Barbecue Sauce
2 Tablespoons Brown sugar 1 Tablespoon Worcestershire
½ teaspoon Garlic salt Sauce
2½ Tablespoons vinegar

Saute onion and pepper in oleo until tender. Add rest and simmer uncovered 15 minutes. Louise Coleman

BEEF AND CHEESE PIE

- | | |
|---|---------------------------------------|
| 1 lb. ground beef | 2/3 cup evaporated milk |
| 1/4 cup dry bread crumbs | 1 teaspoon garlic salt |
| 1/3 cup catsup | 1 can (2 or 3-oz.) mushrooms, drained |
| 1 cup (1/4 lb.) shredded Cheddar cheese | 1/4 teaspoon crumbled oregano |
| 3/4 cup Mozzarella cheese | |

Combine meat, milk, bread crumbs and garlic salt in a 9" pie pan; pat mixture against sides and the bottom of pie pan. Spread catsup over meat mixture, sprinkle with mushrooms and the 2 cheeses and Oregano. Bake in a very hot oven (450° F.) for 20 minutes or until done to taste. Serves 4.

Betty Lamborn

STEAK - RICE CASSEROLE

- | | |
|---|--|
| 1 2-lb. flank steak or 2 lbs. of round steak 1/2" thick | 2 Tablespoons salad oil |
| 1 small lemon, thinly sliced | 1 clove garlic, minced |
| 1/2 cup stuffed olives | 4 whole cloves |
| 1 cup water | 2 Beef bouillon cubes |
| 2 large tomatoes, peeled and cut in 3 slices each | 2 2/3 cups of packaged pre-cooked rice |

Day Before:

Score the steak with a sharp knife in diamond design. Cut into 6 pieces. In hot oil in a dutch oven brown steak on both sides. Add garlic, lemon, cloves, beef bouillon cubes, and water and cover. Simmer 1 to 2 hours until steak is fork tender. Remove steak. Strain liquid and add enough water to make 3 cups. Bring this liquid to boil in your dutch oven. Stir in rice. Cover, remove from heat. Let stand 15 minutes. Turn into a 3 quart casserole and toss with olives. Next, tuck steak pieces into the rice so they are almost covered. Top each with a tomato slice. Cover casserole and refrigerate. About 1 hour before serving the next day, preheat your oven to 350° F. Bake covered for 45 minutes. Salt and pepper the tomatoes.

Mary Ellen Fowler

HUNKY-DORY MEAT LOAF

2 lbs. ground beef	$\frac{1}{2}$ cup chopped onion
1 cup tomato sauce	1 egg beaten
1 cup oats, uncooked	$1\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon pepper	

Combine all ingredients and mix well. Press firmly into ungreased $8\frac{1}{2}$ X $4\frac{1}{2}$ X $2\frac{1}{2}$ " loaf pan. Bake in preheated oven (350°) for 1 hour. Let stand 5 minutes before serving. Serves 8.

Frances LaMont

SPANISH STEAK

2 lbs. lower round 1 inch	1 onion, minced
Steak	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	$1\frac{1}{3}$ cup flour
Suet	3 cups tomatoes or 1 large can

Melt suet in a dutch oven. Salt and pepper steak on both sides. Dredge steak on both sides with flour. Brown the steak on both sides in the melted suet. Add $\frac{3}{4}$ cup of water with 3 cups of tomatoes. Simmer for an hour or more, depending on tenderness of the steak. When tender, lift steak out of the pan onto a platter. Thicken seasoned stock of tomatoes and minced onion with 2 Tablespoons cornstarch or flour, $1\frac{1}{4}$ cup of water. Place steak back in stock, turn once and lift back onto the platter with whatever tomato stock that clings to steak. Delicious! Serves 8.

Margaret Lamontt Warrington
Associate Member

BEEF NOODLE CASSEROLE

4 cups cooked noodles (more or less) buttered	1 to 2 lbs. ground beef
$\frac{1}{2}$ green pepper, chopped	1 medium onion, chopped
1 8-oz. pkg. cream cheese	1 15-oz. can of tomato sauce
A little cooking Sherry	$\frac{1}{4}$ cup sour cream
$\frac{1}{2}$ cup cottage cheese	

Put noodles in the bottom of a casserole. Combine the cheeses, sour cream and Sherry and cover the noodles with this cheese mixture. Put the remaining noodles on top of that. Cover with the meat mixture that has been browned with the onion and green pepper and mixed with the tomato sauce. Bake 350° for 1 hour. Helen Walter

PISTA EGGS

- | | |
|------------------------------------|---------------------------------|
| 1 dozen eggs, hard cooked | 2 cans (4½ oz. ea.) deviled Ham |
| 1½ teaspoons onion, finely chopped | 2 Tablespoons mayonnaise |
| ½ teaspoon tarragon | 6 stuffed green olives, halved |
| Lettuce | |

Shell eggs. Cut slice from pointed end of each egg. Remove yolks and mash. Mix yolks with Ham, onion, mayonnaise and tarragon. Fill egg cases with yolk mixture and cover filling with the egg slices. Top each egg with half a green stuffed olive. Serve on a bed of lettuce. (This recipe comes from Proctor Littlewood's Great American Buffet Cookbook, 1979)

Anna McNeel

BREAKFAST AT TIFFANY'S

- | | |
|------------------------------------|--------------------------------|
| 1 dozen eggs whipped | 1 pint sour cream |
| ½ stick butter or margarine | 1 8-oz. jar mushrooms, chopped |
| 1 large tomato, peeled and chopped | 1 green pepper, diced |
| 1 lb. Ham diced (2 cups) | |

Grease a 9 x 13 2 quart casserole. Combine all of the above ingredients and place in the greased casserole. Bake in 325° oven for 1 hour or more. This is a great Brunch dish!

Jean Mosteller

EASY EGGS BENEDICT

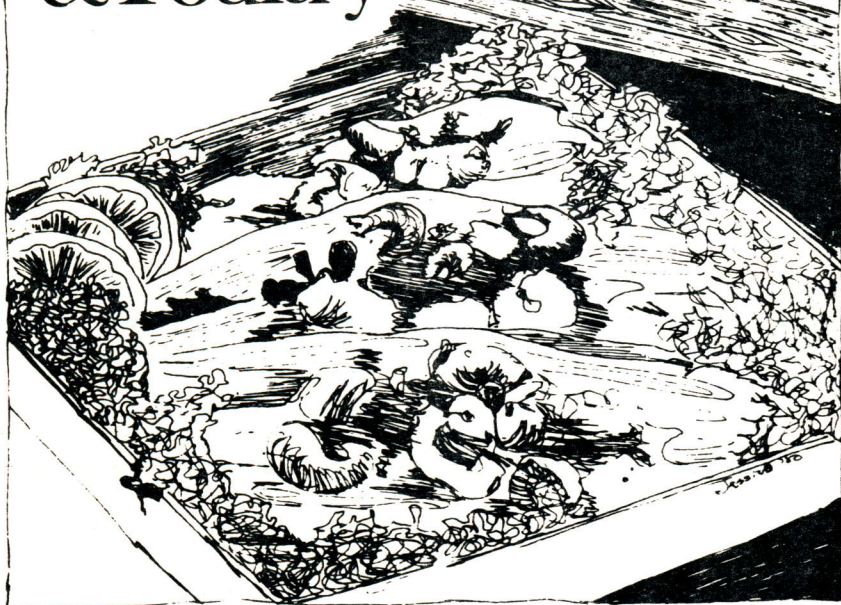
- | | |
|-----------------------------------|--|
| 2 Tablespoons butter or margarine | ½ cup minced onion |
| 1/3 cup milk | 1 can condensed cream of mushroom or chicken soup, undiluted |
| 6 eggs | 6 thin slices cooked ham |
| 3 split English muffins | |

Cook onions in melted butter in skillet until tender; blend in soup and milk; heat till boiling; then lower heat. Break eggs into sauce; cook covered, about 10 minutes, or until eggs are of desired doneness. Meanwhile, toast and butter muffins. To serve, top each muffin half with ham slice, then with egg. Makes 6 servings.

Jean Mosteller



Seafood & Poultry



COUNTRY CAPTAIN

4 pounds chicken breasts
Seasoned flour
 $\frac{1}{2}$ cup shortening
2 onions, finely chopped
2 green peppers, chopped
1 clove garlic, minced
2 teaspoons curry powder
 $1\frac{1}{2}$ teaspoons salt

$\frac{1}{2}$ teaspoon white pepper
 $\frac{1}{2}$ teaspoon thyme
2 cans (1 lb., 3 oz.) tomatoes
1 tablespoon chopped parsley
6 cups hot cooked rice
 $\frac{1}{2}$ cup currants
Parsley sprigs
 $\frac{1}{4}$ pound toasted almonds

Remove skin from chicken. Roll breasts in seasoned flour. Fry in shortening until browned. Remove chicken; keep warm. (This is said to be the secret of the dish's success.) Cook onions, peppers and garlic in the remaining fat in pan until tender. Stir in curry powder, salt, pepper and thyme; mix well. Add tomatoes and chopped parsley; heat. Place breasts in a large casserole and pour over sauce; cover. Bake at 350° for 45 minutes, or until the chicken is tender. Arrange chicken in the center of a platter. Mound cooked rice around the chicken. Sprinkle currants into sauce. Pour sauce over rice. Sprinkle almonds over the chicken. Garnish with parsley sprigs. Serves 8.

Jean Mosteller

(Franklin Roosevelt used to serve this dish at the little White House in Warm Springs, Georgia.)

PARTIFIED CHICKEN

$2\frac{1}{4}$ cups cooked, cubed
chicken breasts
1 $\frac{1}{8}$ cup shredded
Cheddar cheese
 $1\frac{1}{2}$ cup buttered bread
crumbs

$2\frac{1}{4}$ cups cooked spaghetti
 $\frac{3}{8}$ cup chopped mushrooms
 $\frac{3}{8}$ cup chopped pimento
 $1\frac{1}{2}$ cans cream of mushroom
Soup
Slivered almonds.

Mix first 6 ingredients. Place in baking dish and top with bread crumbs and almonds. Bake in 350° oven until brown. Serves 6. (May be made in advance and frozen.)

Nellie Collison

(This is our favorite main-course for our "Hale-Byrnes" Luncheons.)

CHICKEN ALPINE

8 chicken breasts, boned
1 can Cream of Chicken
soup
2-3 Tablespoons butter

1 pkg. grated Swiss cheese
1/2 soup can of white wine
Pepperidge Farm crumbs

Grease a 9 x 13 pan. Combine cheese, soup and wine. Place chicken breasts in the pan and pour the soup mixture over it. Sprinkle generously with Pepperidge Farm Crumbs and then dot this with butter. Bake in a slow 300° oven for 2 hours uncovered.

Jean Mosteller

BAKED CHICKEN BREASTS

8-10 boned chicken breasts
1 small glass dried chip
beef

1 can mushroom soup
1 cup sour cream
1/2 strip bacon to each
breast

Wrap dried beef around chicken pieces. Place in greased baking dish; put bacon on top of each piece. Mix mushroom soup, sour cream, and 1/2 cup water; spoon over chicken. Bake at 225° for 4 1/2 hours. This is especially good for an indefinite mealtime as a little longer baking doesn't hurt it.

Edith Davis

CHURCH LADIES CHICKEN AND HERB RICE

Butter bottom of a 9 x 13" pan. Place 10 pieces of chicken in it. Sprinkle 2 packages of Herb Rice (Reese or Quiggle) over chicken. Dilute 2 cans of Golden Mushroom soup (Campbells) with 2 cups water. Pour over rice and chicken. Sprinkle 1 package of Lipton Onion Soup mix over that and dribble 1/4 lb. melted butter over all. Bake at 325° for 2 hours COVERED and 1/2 hour uncovered.

Jean Mosteller

CHICKEN CACCIATORE

- | | |
|----------------------------|--|
| 1 frying chicken, cut up | $\frac{1}{2}$ cup frozen chopped onion |
| 2 Tablespoons oil | 1 envelope Spaghetti sauce |
| 1 can (6 oz.) tomato sauce | mix |
| 1 can (4 oz.) mushrooms | |

Brown chicken and onions in oil in a large skillet. Push to one side, and add remaining ingredients, except for mushrooms. Stir to mix. Cover and simmer for 45 minutes. Add mushrooms last 5 minutes of cooking. Serves 3 to 4. This recipe comes from "The Quick and Easy Cook Book" by John Savin, 1979.

Anna McNeel

CHICKEN-BROCCOLI CASSEROLE

- | | |
|--|---|
| 2 pkgs. broccoli in butter sauce or 2 boxes frozen chopped broccoli, cooked, drained, and buttered | 4 cups cooked chicken or or turkey |
| $\frac{3}{4}$ cup Mayonnaise | 2 cans cream of chicken soup, undiluted |
| 8 oz. shredded cheddar cheese | 1 Tablespoon lemon juice |
| 1 stick marjarine, melted | 2 cans water chestnuts, sliced |
| 1 tube Ritz crackers, crumbled | |

Grease a 9 x 13 inch pan or 2 8 x 8 inch pans. (I use the smaller ones and freeze one and use one. Just cover and freeze before baking.)

Layer broccoli in pans; top with chicken, then water chestnuts.

Sauce: Heat together soup, mayonnaise, cheese and lemon juice. Pour over casseroles.

Topping: Mix together crumbs and marjarine. Sprinkle over all. Bake uncovered, 30 to 45 minutes at 350° until bubbly and lightly browned.

Edith Davis

OVEN FRIED CHICKEN

- | | |
|------------------------------------|---------------------------------------|
| 4 oz. potato chips, crushed | $2\frac{1}{2}$ -3 lb. frying chicken, |
| $\frac{1}{2}$ cup melted marjarine | cut up |
| Salt and pepper | |

Combine chips, salt and pepper. Dip each piece of chicken in marjarine and roll in chips. Place pieces, skin side up, not touching, on shallow pan lined with foil for easy clean-up. Sprinkle with remaining crumbs. Bake at 375° for 1 hour. Do not turn.

Edith Davis

GRANDMOTHER'S STEWED CHICKEN

Whole chicken, cut up	2 small onions
$\frac{1}{2}$ cup of celery, chopped	3 carrots, sliced
$\frac{1}{3}$ cup regular rice, uncooked	$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt	

Brown chicken in a big pot in butter or oleo. Cover with water and cook for about an hour. Then take out pieces of chicken and remove skin and bones.

Put the pieces of chicken back in the cooking water, and bring back to a boil. Add the salt and pepper. Sauté the onions and celery in some butter or oleo. Add the onions, celery and sliced carrots to the chicken pieces in the boiling water. Cook over a low flame for about 1 more hour, stirring every now and then at first. This may be refrigerated, reheated and eaten the next day, and with a salad and rolls makes an easy meal.

Phyllis Hamilton

HONEYED DUCK IN FOIL

1 Mallard or similar Duck	1 teaspoon salt
1 teaspoon ginger	1 teaspoon ground Basil
$\frac{3}{4}$ cup Honey	$\frac{1}{4}$ cup butter or margarine
3 Tablespoons Orange Juice	2 teaspoons lemon juice
1 teaspoon orange peel	$\frac{1}{8}$ teaspoon dry mustard
$\frac{1}{8}$ teaspoon salt	1 to 2 Oranges
Cornstarch	

Clean duck and dry thoroughly inside and out. Combine salt, ginger and Basil. Rub $\frac{1}{2}$ of the mixture inside of duck. Heat: Honey, butter, orange juice, lemon juice, orange peel, mustard and $\frac{1}{8}$ teaspoon of salt together until butter melts. Rub 2 or 3 Tablespoons on the inside of the duck. Slice unpeeled oranges $\frac{1}{2}$ inch thick and stuff duck with as many as possible. Pour 4 or 5 more teaspoons of the honey mixture into the duck. Truss duck and rub remaining seasoning mixture on the outside of the duck. Place bird on a large piece of aluminium foil and pour remaining honey mixture over the duck. Bring up foil around the duck and seal edges with a double fold. Roast in 425° F. oven for 1- $\frac{3}{4}$ hours. Unwrap, baste with drippings and bake 10 to 15 minutes longer until brown. Place duck on hot platter to keep warm. Pour drippings into small saucepan, removing grease, and thicken with cornstarch dissolved in small amount of water.

Karen Young Talley

SOUTHERN LIVING MOCK CHICKEN SALAD SANDWICHES

- | | |
|--|---|
| 1 cup finely chopped pecans | 1 hard cooked egg |
| 1 2-oz. bottle Spanish olives
drained and chopped | 1 small onion, finely
chopped |
| 1 cup mayonnaise | 16 slices sandwich bread,
crusts removed |

Combine pecans, egg, olives, onions and mayonnaise. Mix well and chill for 3 to 4 hours. Spread filling on 8 slices of bread, top with remaining slices. Cut each sandwich into thirds. Yield: 24 small sandwiches.

Nellie Collison

HAM SANDWICHES (Serves 12)

- | | |
|---|--|
| 3 $\frac{1}{2}$ cup boiled Ham cut into
$\frac{1}{4}$ inch cubes (leftovers) | $\frac{1}{2}$ cup sharp cheddar cheese |
| 2 hard cooked eggs sliced | $\frac{1}{3}$ cup chopped onion |
| | $\frac{1}{2}$ cup thinly sliced olives |

Mix all of the above ingredients together. Next: Mix together 3 Tablespoons mayonnaise and $\frac{1}{2}$ cup Chili sauce. Pour over your ham mixture. Mix well. Pile mixture in hot dog rolls and wrap in foil. Heat in oven. These sandwiches may be made ahead and kept in the refrigerator, then heated at serving time. Wieners may be substituted for the ham.

Brenda Fleming

CRUNCY PEA CASSEROLE - 4 to 6 Servings

- | | |
|--|---|
| 1 lb. ground beef | $\frac{3}{4}$ cup coarsely chopped
Onion |
| 1 Tablespoon margarine | $\frac{1}{2}$ cup milk |
| 1 can cream of Mushroom
Soup (10 $\frac{1}{2}$ oz.) | 1 teaspoon salt |
| $\frac{1}{8}$ teaspoon pepper | 1 teaspoon Worcestershire
Sauce |
| 1 pkg. frozen peas (10-oz.)
partially defrosted | 1 Tablespoon chopped Pimento |

Lightly brown meat and onion in margarine, leaving meat in chunks. Spread in bottom of shallow $1\frac{1}{2}$ quart dish. Combine soup, milk, salt, pepper and Worcestershire sauce. Mix well together. Fold in peas and pimento. (Celery may also be added to this). Pour over meat mixture. Edge top of casserole with potato chips. Bake in a moderate oven (350° F.) 30 minutes.

CHICKEN-GREEN NOODLE CASSEROLE

3 chicken breasts, cooked and cubed	2 pkg. (5-oz.) green noodles or 1 (8-oz.) pkg.
1 cup chopped peppers	1 cup chopped onions
1 cup chopped olives	1 cup chopped celery
1 8-oz. pkg. spread Velveeta	1 can mushroom soup
1 4½-oz. can sliced mushrooms, drained	

Cook chicken, save juice to cook noodles and add extra water. Cook the noodles and drain them afterwards. Saute celery and other items in 1/4 cup butter. (The onions and the chopped olives are optional). Add cheese, stirring until melted. Stir in soup and mushrooms. Add this to chicken and noodles which you should have together in a large bowl. Mix this all together and spoon into a well-greased 9 X 13" dish. You can make this a day ahead and sprinkle 1 cup of potato chips, cheese crackers crumbled or cornflakes over top when you put in oven. Bake 40 to 45 minutes at 325° F. until bubbly. (I use 2 cups celery when not using peppers. Then add other optional items).

Sara Slack

MEAT PIE PAN PIE

1½ lbs. lean ground beef	¼ teaspoon pepper
1½ teaspoon salt	3 cups Celery Dressing.

Season the meat and flatten out to about ½ inch thickness on a greased pie plate leaving enough extending over the edges for the crust effect. Fill with Celery Dressing and fold edges of meat up over dressing. Cover with strips of raw bacon. Bake at 375° F. for about 45 minutes.

CELERY DRESSING

1 cup chopped Celery	1/8 teaspoon marjoram
1 teaspoon minced onion	1/8 teaspoon celery seed
1 teaspoon parsley flakes	1/2 teaspoon salt
1 teaspoon oil or oleo	1/4 teaspoon pepper
2½ cups cubes of day old bread	1 bouillon cube in enough water to make a slightly moist dressing

Saute celery and onions gently in oil or oleo. Add rest of ingredients and toss lightly. Mary Ellen Fowler

CHICKEN LUSH

- | | |
|---|---|
| 1½ cups cooked chicken | 1 can cream of mushroom soup |
| ¼ to 1/8 teaspoon curry powder | ½ cup + 2 Tablespoons of Hellman's Mayonnaise |
| 1 can water chestnuts, sliced and drained | 2 hard-cooked eggs-diced |

Mix all ingredients and sprinkle with buttered crumbs, top with slivered almonds. Bake in 350° F. oven for 30 minutes.

Sara Slack

CHICKEN ROCKEFELLER

- | | |
|--|---|
| 1 (10-oz.) pkg. frozen spinach (chopped) | 1 egg, beaten |
| 1 cup Italian style bread crumbs | ½ cup Parmesan cheese, divided |
| Salt and pepper to taste | 6 whole chicken breasts, split, boned and skinned |
| 3 Tablespoons melted butter or oleo | |

Cook spinach according to package directions, drain well and cool. Combine spinach, egg and 1 Tablespoon of Parmesan cheese. Place in a greased 13 X 9 X 2" baking dish. Set aside. Sprinkle chicken breasts with salt and pepper. Roll each in breadcrumb mixture. Combine breadcrumbs and remaining Parmesan cheese in a shallow pan and set aside. Place 1 heaping Tablespoon of spinach mixture on each breast spreading to form a small mound. Place in baking dish and sprinkle with remaining crumb mixture and drizzle with butter. Bake in 350° F. oven for 40 minutes.

Mary Ellen Fowler

CHICKEN A LA KING

- | | |
|-----------------------------------|----------------------|
| 2 cups chicken (cooked and diced) | 2 eggs (hard boiled) |
| 4 Tablespoons flour | 3 Tablespoons butter |
| 1 pimento | 1 teaspoon salt |
| ½ teaspoon paprika | 2 cups milk |

Make a sauce of butter, flour, milk and seasonings. When thickened add diced chicken, finely chopped eggs and pimentos. Serve hot in timbles or on bread or toast. May also be served as a salad on lettuce served with crackers.

Kate Duncan Smith School

TUNA CROQUETTES

Drain and flake 1 large	$\frac{1}{2}$ cup Mushroom Soup
can Tuna (13 or 14 oz.)	Undiluted
$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{2}$ cup grated onion
1 beaten egg	2 teaspoons lemon juice

Place all of the above ingredients in a bowl and mix well. Form 8 Croquettes. Roll in a few extra crumbs, and pan fry in 2 Tablespoons of butter or oleo or oil. Sauce: Blend the remaining Mushroom soup, undiluted with $\frac{1}{4}$ cup milk and 2 Tablespoons of Mayonnaise. Heat gently, pour over croquettes, sprinkle top with parsley and serve. Makes 4 servings.

Lucy Barnes

SALMON LOAF

1 can salmon	1 cup soft bread crumbs
$1\frac{1}{2}$ teaspoons parsley	$\frac{1}{2}$ teaspoon salt
pepper to taste	2 Eggs
1 Tablespoon lemon juice	$\frac{1}{3}$ cup milk

Mix all ingredients together thoroughly adding enough milk to moisten. Pour into a baking dish and bake in a moderate oven 325° F. until firm. Serve with white sauce.

Karen Young Talley

CRAB MEAT NORFOLK

1 lb. fresh crab meat or	$\frac{2}{3}$ cup butter or margarine
2 $6\frac{1}{2}$ -oz. cans King crab	1 Tablespoon cider vinegar

Mix all of the above ingredients together and place in a frying pan over low heat. Cook stirring often for about 10 to 15 minutes. Serve with toast points or with fluffy hot rice. Makes 4 servings and is easy to do.

Nancy Whitlock

CRAB CASSEROLE

1 cup crab meat
 $\frac{1}{2}$ jar pimento
 $\frac{1}{4}$ teaspoon salt
1 egg

$\frac{1}{2}$ green pepper
1 teaspoon dry mustard
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup salad dressing

Combine all with salad dressing and sprinkle with paprika.
Bake at 350° for 15 minutes.

Peg Hanby

FLOUNDER ITALIENNE

2-3 lbs. flounder or turbot
1 medium onion, chopped and
sauteed lightly in butter
Parmesan cheese

2 pkgs. frozen broccoli or
frozen spinach
Ragu spaghetti sauce

I begin with a 9 x 13 pan. After draining the spinach or
broccoli, I arrange it as a first level of the casserole.
Now arrange the flounder or turbot on top of the vegetables.
Add the sauteed onions and finally pour the spaghetti
sauce over the whole works. Bake in a 325° oven for
approximately one half hour. Serve with Parmesan cheese.

Jean Mosteller

CRABMEAT BISQUE

1 can pea soup (10-3/4 oz.)
 $\frac{3}{4}$ cup chicken broth
 $\frac{1}{2}$ pound crabmeat
Scant 1/2 cup Sherry (or to
taste)

1 can tomato soup (10-3/4 oz.)
1 pint light cream (or can
use Half and Half)

Combine and heat the undiluted soups and chicken broth.
When just READY to boil, add cream, crabmeat and Sherry.
Heat through, but do not boil and serve at once. Serves
Four.

Libby Hancock

CRABMEAT MARINADE

- | | |
|---------------------------------------|------------------------------------|
| 1 cup vinegar | 1 teaspoon salt |
| $\frac{1}{2}$ teaspoon cayenne pepper | $\frac{1}{4}$ teaspoon celery salt |
| $\frac{1}{4}$ teaspoon dry mustard | 6 whole cloves |
| $\frac{1}{8}$ teaspoon mace | $\frac{1}{8}$ teaspoon ginger |
| 3 cups hot water | |

Blend ingrediants, first boil, then simmer for ten minutes. Pour the hot marinade over lump crabmeat. Let stand for one hour, drain, then chill in covered container until ready to serve on a crisp, shredded bed of lettuce.

This recipe for lovers of crabmeat salad is a Carolina low country recipe.

Anna McNeel

MARYLAND CRAB CAKES (BALTIMORE STYLE)

- | | |
|----------------------------------|---|
| 1 lb. of Claw Meat | 1 teaspoon (rounded) of French's Mustard |
| 3 Tablespoons mayonnaise | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{2}$ teaspoon salt | 2 slices stale bread broken in small pieces |
| 2 teaspoons Worcestershire Sauce | |

Remove any shells from crab meat. Mix well with all ingrediants using hand for best results. Shape into Crab cakes (about 8 or 9). Fry in enough Crisco mixed with a little oleo to cover frying pan.

Louise Coleman

SEAFOOD NEWBURG

- | | |
|--|---|
| 3 Tablespoons flour | 4 Tablespoons margarine |
| $1\frac{1}{2}$ cup of milk (or half and half if you desire) | 1 teaspoon salt |
| $\frac{1}{4}$ teaspoon paprika | $\frac{1}{2}$ teaspoon pepper |
| 1 lb. backfin crab meat | $\frac{3}{4}$ cups grated cheese |
| $\frac{1}{2}$ lb. scallops - that have been poached in their own liquid or add a tiny bit of water. If you use the large scallops cut in pieces or use Bay scallops. | $\frac{1}{2}$ lb. cooked, peeled shrimp |

Melt the margarine and stir in flour in a heavy skillet or a double boiler. Add milk and stir constantly until thickened. Add seasonings and cheese and stir until smooth. Add seafood. Lift gently when stirring. Correct seasonings to taste. Serve with baked potato, rice or noodles.

Sara Savage

BAKED CHICKEN SALAD CASSEROLE

2 cups cooked chicken (use stewing chicken) 4 lb.	1 can water chestnuts, drained and sliced
1 jar pimentos	$\frac{1}{2}$ cup slivered almonds
1 can sliced mushrooms	2 Tablespoons lemon juice
$1\frac{1}{2}$ cups mayonnaise	salt and pepper

Mix all of the above ingredients and pour into a casserole dish. Top with grated cheese and onion rings. Bake in a 350° F. oven for 30 minutes.

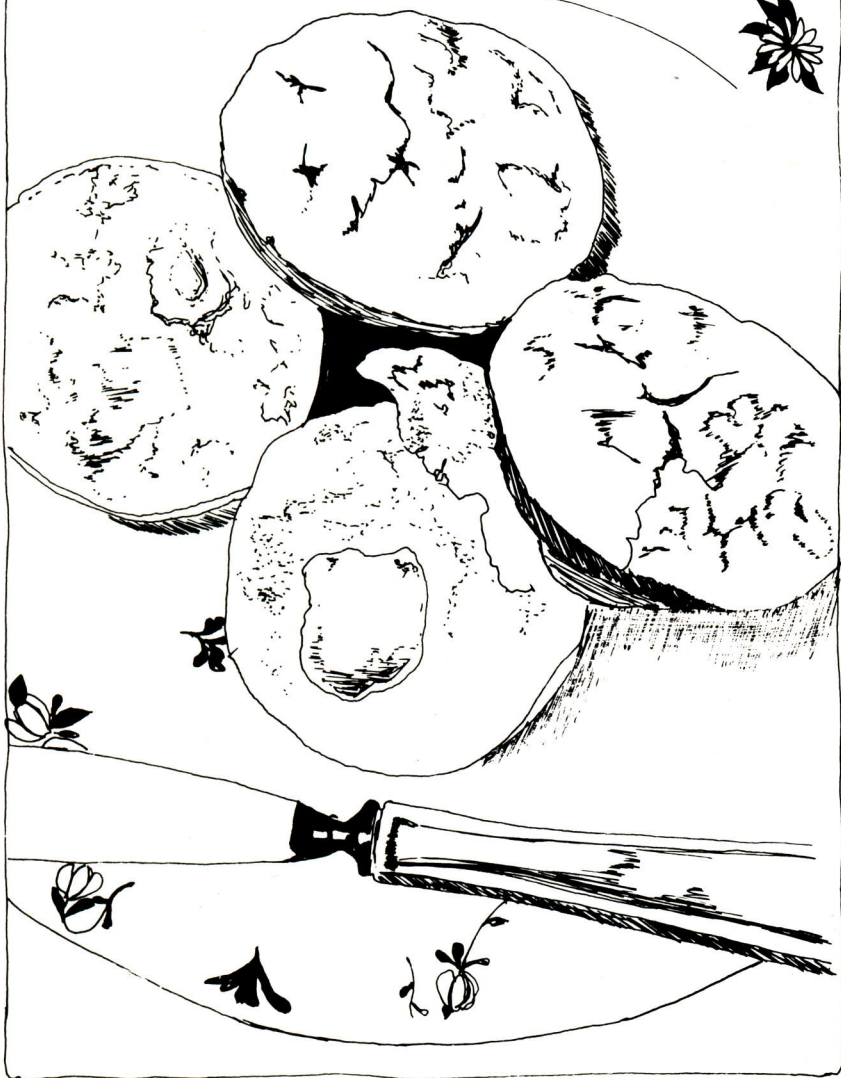
Barbara Bannowsky

CRAB QUICHE

Prepare a pie crust for a 10" deep dish pie plate. Crimp the edges and place in freezer overnight, if possible. Drain large can of crab meat and flake, removing any shell or cartilage (on paper toweling), flake and place as first layer in frozen pie shell. Next layer with 4-oz. each of good Swiss (grated) and 4-oz. whole milk Mozzarella (grated). Using a bit more Mozzarella than Swiss. Grate and toss and arrange over crab in pie dish. Next make an egg mixture consisting of 4 Extra-large whole eggs, $\frac{1}{2}$ pint light cream and $\frac{1}{2}$ pint of heavy cream, 1 teaspoon salt, $\frac{1}{8}$ teaspoon cayenne, plus 1+ Tablespoons of finely cut mid-sections of about 4 to 6 green onions (scallions). Beat using hand mixer just until blended, pour over cheeses and crab and dress with parsley. Preheat oven to 425° F. Bake for first 17 minutes at this temperature. Lower oven to 300° F. and bake for last 30 to 35 minutes until center tests as custard by inserting a knife and having it remove clean. Remove from oven and let Quiche set up for about 10 to 15 minutes before serving. Serves 6 to 8.

Nancy Whitlock

Breads



REFRIGERATOR ROLLS

Mix together:

$1\frac{1}{2}$ cups warm water	$2\frac{2}{3}$ cups sugar (may use
water or potato water	$\frac{1}{2}$ cup instead)
$1\frac{1}{2}$ teaspoons salt	1 cake yeast <u>or</u> 1 envelope
	granulated yeast

Add:

2 eggs	$2\frac{2}{3}$ cup shortening
1 cup warm mashed potatoes	$7-7\frac{1}{2}$ cups flour

I use electric mixer to mix all except flour. Stir in flour. On lightly floured board, knead until smooth. Place in greased bowl. Turn so top is greased. Cover and place in refrigerator. About 2 hours before baking, shape into rolls. Cover and let rise until light and at least doubled in size. Bake rolls 12-15 minutes at 375° . **Makes** 4 dozen rolls. Dough may be kept in refrigerator 3-4 days and portions of it used as desired. It is very good for coffee cake, cinnamon rolls, doughnuts, etc. (I have used this recipe for forty years.)

Edith Davis

ANNIE'S POPOVERS

Set the oven at 450° F. Grease 6 custard cups with vegetable shortening, including the outside of the cup rims. Set them aside on a cookie sheet. In a bowl:

1 cup flour (Don't sift it)	$\frac{1}{2}$ teaspoon salt
2 eggs (just break them	1 cup milk
over the bowl)	

Beat these ingredients with an egg beater until it's mixed up - about 15 seconds. Now fill the cups half full and set the cookie sheet in the hot oven. Let them bake for 25 minutes. Then, without opening the oven, lower the temperature to 400° F. and bake them for another 30 minutes. Very easy and they serve 6. Don't be alarmed at cooking them for such a long time. (55 minutes in all). They come out a lovely golden brown. If you honestly like them a lighter color - take them out 5 minutes sooner. If you like them on the dry side - 5 minutes before they are finished baking, puncture each popover with a skewer and let the steam out of each one.

Phyllis Hamilton

BEER BUNS

2 cups Bisquick Buttermilk Mix 2 Tablespoons sugar-heaping
2/3 cup Beer

Mix until moist. Drop in well greased muffin tins. Let stand 15 minutes before baking. Bake at 400° F. for 18 minutes. Test. (I put a dab of butter on top of each bun. Makes 12 buns).

Mary Ellen Fowler

LEMON TEA BREAD

1/2 cup shortening, butter or oleo 1 cup sugar
1 1/2 cup flour 2 beaten eggs
1/2 teaspoon salt 1 1/2 teaspoon baking powder
1/2 cup finely chopped walnuts 1/2 cup milk
Grated rind of 1 lemon

Mix the above ingredients together and pour into two greased loaf pans (about 8 1/2 X 4"). Bake in 375° F. oven for 45 minutes. Pour the following glaze' over the top of the hot bread.

Juice of 1 lemon and 1/3 cup of Sugar.

Return to oven long enough to dry top - 5 minutes or less. Don't burn. Tip - You may slice and spread with softened cream cheese for finger sandwiches.

Thelma Kern

TEA BISCUITS

9 cups flour 1/3 cup baking powder
4 teaspoons salt 2 1/2 teaspoons cream of
2 cups Crisco Tartar
2/3 cup milk (to 2 cups mix)

Sift flour, baking powder, cream of tartar and salt. Mix thoroughly. Cut in shortening until mixture is size of corn meal. Store in tightly covered container at room temperature. Will keep six weeks. Bake on cookie sheet at 450° F. or 475° F. about 10 minutes. (2 cups mix - to 2/3 cup Milk. Stir in milk all at once.

CHEESE BISCUITS

To 3 cups of the above mix add 2/3 cup of milk, 1/2 cup of butter and 1/4 lb. Cheddar Cheese grated and melted. Pour over.

Mary Ellen Fowler

HUSH PUPPIES

2 $\frac{1}{4}$ cups yellow cornmeal	1 teaspoon salt
2 Tablespoons finely chopped onion	$\frac{3}{4}$ teaspoon baking soda
Vegetable oil	$\frac{1}{2}$ cups buttermilk

Heat oil (about 1 inch) to 375°. Mix cornmeal, salt, onion and baking soda. Stir in buttermilk. Drop by spoonfuls into hot oil. Fry until brown, about two minutes. Makes about 2 dozen.

Kendra Woodring

BANANA BREAD

$\frac{1}{2}$ cup butter (scant)	3 ripe Bananas (crushed)
1 cup sugar	$\frac{1}{2}$ cup nut meats chopped fine
2 eggs	
2 cups flour	1 teaspoons soda in $\frac{1}{4}$ cup of hot water

Mix the butter and sugar together and then add eggs. Next add Bananas, nut meats, soda and flour. Bake for 45 minutes at 350°. Makes two loaves. (Use 2 Bananas for one loaf).

Anna Frazer

ZUCCHINI BREAD

6 eggs	6 cups flour
4 cups sugar	2 teaspoons salt
2 cups oil	2 teaspoons Baking Soda
4 cups grated raw Zucchini (Peeled)	$\frac{1}{2}$ teaspoon Baking Powder
2 cups chopped nuts	2 Tablespoons Cinnamon
	2 Tablespoons Vanilla

Mix eggs, sugar, oil, Zucchini and Vanilla alone. Mix all of the dry ingredients together and stir into the egg and Zucchini mixture. Add chopped nuts. Pour into 4 loaf pans and bake in preheated oven at 350° for 1 hour or until done.

Agnes Jones

WHOLE WHEAT PANCAKES

Mix together:

1 egg	1 cup milk or 1 cup water
1½ Tablespoons oil	4 Tablespoons dried milk
1 Tablespoon Honey	½ teaspoon salt
2 Tablespoons baking powder	¾ cup Heckers Whole Wheat Flour or Pastry Flour

Take ¼ cup of mixture and drop it on hot griddle.

Makes 10 to 12 pancakes. Delicious. Optional: 1 Tablespoon Bran and 1 Tablespoon Wheat Germ.

Barbara Bannowsky

MOCK MAPLE SYRUP

1 cup light brown sugar	1/3 cup water
few grains salt	¼ teaspoon vanilla

Dissolve sugar in water; add salt and boil 1 minute.
Add vanilla. Serve hot or cold.

Nellie Collison

BANANA BREAD

Add in order given below:

1 Egg

Pinch of salt

1½ cups granulated sugar

4 large Bananas, mashed or cut in chunks (Mixer will
mash (1 ¾ cups to 2 cups)

Combine: 1 teaspoon baking soda in 1 Tablespoon hot water.

2 cups sifted flour

3 Tablespoons melted butter or oleo or Squeeze Parkay

Optional: can add 1 cup raisins and or nuts.

Put into greased loaf pan and bake 1 hour at 325° F oven.

Note:

1½ cups of Bananas = Bread-like result

1 ¾ cups of Bananas = Tastier result

2 cups of Bananas = Very moist result.

I use 4 large Bananas - very ripe. I even use the
bruised part.

Barbara Bannowsky

MONKEY BREAD

3 cans refrigerated biscuits 1 cup brown sugar
3/4 cup sugar 2 to 3 teaspoons cinnamon
1 stick butter

Cut each biscuit into 4 pieces. Combine 3/4 cup white sugar and cinnamon in a paper bag and shake a few pieces of biscuits in the bag at a time.

Pile up the sugared pieces of biscuits in a well-greased Bundt or tube pan.

Boil together the brown sugar and butter and when the sugar is dissolved, pour the hot syrup over the biscuits in the tube pan. Bake in a 350° F. oven for 35 to 40 minutes. This can be wrapped in foil and reheated if you like, but it is good at any temperature.

Barbara Bannowsky

BEER BREAD

3 cups self-rising flour 3 Tablespoons sugar
12 Oz. Beer

Mix all together, pour into greased pan and bake in 350° F. oven for 45 to 55 minutes.

Lucy Barnes

SHORTBREAD

1/2 cup butter 1/2 cup oleo
1/2 cup sugar 3 cups flour
2 Tablespoons Cornstarch

Cream butter and oleo together with sugar. Add flour and cornstarch. Mix with hands and flatten with the heel of your hand. Put on greased cookie sheet and cover with waxed paper. Roll 1/2 inch thick. Bake 1 hour at 275° F. Before baking cut with sharp knife into small squares.

Barbara Bannowsky

PUMPKIN BREAD

4 eggs	$\frac{1}{3}$ teaspoon ground cloves
3 cups sugar	1 teaspoon Cinnamon
1 cup salad oil	1 teaspoon Nutmeg
1 14-oz. can pumpkin	1 teaspoon Allspice
$3\frac{1}{2}$ cups sifted flour	$2\frac{2}{3}$ cup broken nut meats
2 teaspoons salt	(Optional)
2 teaspoons soda	
1 teaspoon baking powder	

Beat eggs well. Add sugar, oil, and pumpkin. Sift flour and remaining ingredients together. Add to pumpkin mixture. Add nuts. Beat until well blended. Bake in WELL GREASED loaf pans at 350° for 1 hour - or until done. Will crack on top and you can test it with a toothpick. Makes 2 loaves.

Libby Hancock

SOUR CREAM COFFEE CAKE

$\frac{1}{2}$ cup Oleo or Butter	$\frac{1}{2}$ pint Sour Cream
1 cup sugar	2 eggs
1 teaspoon vanilla	1 teaspoon baking powder
1 teaspoon baking soda	2 cups flour

Cream the Oleo and sugar together and add the 2 eggs, one at a time to this mixture, beating each time. In a separate bowl sift the flour, baking powder, salt, and baking soda together. Alternate adding these dry ingredients and the Sour Cream to the butter, egg and sugar mixture. Mix well and finally add the teaspoon of vanilla. The dough will be thick. Use a 9 x 13 greased pan. Add half of the dough. Sprinkle on half of the Topping. (Recipe follows). Use knife to spread the rest of the dough on top of this. Add the rest of the topping. Bake in 325° oven for 40 minutes.

TOPPING

$\frac{1}{2}$ cup white sugar	$\frac{1}{3}$ cup brown sugar
1 teaspoon Cinnamon	6 teaspoons nuts

We serve this Coffee Cake every Christmas morning for Brunch! It is a great favorite with my family. I dress it up for Christmas by adding $2\frac{2}{3}$ cup of fruitcake fruit to the Batter.

Jean Mosteller

PROCESSOR TRUTH BREAD

Makes 2 loaves

1/2 cup warm water (105° F.)	1 1/2 pkgs. active dry yeast
1 teaspoon sugar	3 1/2 cups all purpose or
2 teaspoons salt	unbleached flour
1 teaspoon sugar	1 cup warm water (105° F.)

Generously grease baguette pans.

Combine 1/2 cup warm water with yeast and 1 teaspoon of sugar in small bowl and let stand until yeast is dissolved and mixture is foamy, about 5 minutes.

Combine flour, salt, remaining sugar and yeast mixture in work bowl of food processor. With machine running, slowly begin adding 1 cup warm water. A soft ball should form in several seconds; if not, add a little more warm water. Let machine run 15 to 20 seconds, adding more flour if dough seems too soft.

Transfer dough to lightly floured board and knead with a little additional flour for several turns. Divide dough in half and shape into two cylinders 8 to 10 inches long. Transfer to prepared pans and cut 3 or 4 diagonal slashes in top of each loaf with tip of knife or single-edged razor blade. Cover and let rise in warm place until doubled, about 45 minutes to 1 hour.

After about 30 minutes, place racks in middle and lower quarters of oven and begin preheating to 450° F. Center shallow pan of water on lower rack. When dough has doubled, place on middle rack directly above water and bake 10 minutes. Reduce heat to 400° F. and continue baking an additional 15 minutes, or until loaves are golden brown and have a hollow sound when tapped with finger.

Betty Lamborn

DECKY'S MOTHER-IN-LAW'S COOPLINGS

Use Bread Dough and roll it out to 1/2" thick; cut into long lengths and place in an oblong baking dish.

Dot each piece with butter and pepper lightly. Then pour chicken broth over all the dough. Bake at 450° about 20 minutes - until it is crusty and brown on top and it will be moist on the bottom.

Jean Hosteller

HOUSKOVE' DUMPLING (Czechoslovakian Dumplings)

5 white bread slices $\frac{1}{4}$ cup butter or margarine
cut crusts from and then cut into $\frac{1}{2}$ " cubes.

Melt the butter in a skillet and saute the cubes until golden. Mix in a separate medium-size bowl:

3 cups flour $1\frac{1}{2}$ teaspoon salt
6 teaspoons baking powder 1 cup milk
2 eggs, beaten in another bowl

Mix the dry ingredients together in the medium-size bowl. Beat in eggs and milk until smooth. Fold in bread cubes. Into a kettle of gently boiling water (salted), drop dough by Tablespoons. Simmer uncovered for 20 to 25 minutes or until done. Remove from pot with a slotted spoon to serving dish - makes 6 to 8 servings. You may also form dough into elongated rolls before adding to cooking pot then slice $\frac{3}{4}$ " to 1" to serve. If any slices are left, saute next morning after light dusting with flour, until golden. Egg may also be broken over slices on cooking.

Marge Hoezel

ZUCCHINI NUT BREAD

3 eggs, slightly beaten 1 cup salad oil
 $\frac{3}{4}$ cup sugar 2 cups zucchini, chopped
1 teaspoon vanilla $\frac{2}{3}$ cup raisins
 $2\frac{1}{2}$ cups flour 1 teaspoon baking powder
1 teaspoon soda 3 teaspoons cinnamon
1 teaspoon salt 1 cup nuts, chopped

Grease and flour two 5 X 8" pans. Mix eggs, oil, sugar, zucchini and vanilla. Sift together dry ingredients; stir into zucchini mixture. Add raisins and nuts and bake at 350° for 1 hour. (You may substitute $\frac{1}{2}$ cup coarse bran for flour.) Freezes well.

Edith Davis

AMERICAN FLUFFY DUMPLINGS

2 cups flour 4 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt

SIFT TOGETHER

Chop in: 3 Tablespoons shortening and Add: $\frac{2}{4}$ cup milk
Pat to $\frac{1}{2}$ ", cut into 2" rounds. Cover and steam 12 to 15 minutes. In pressure cooking any food to be served as dumplings - stop the pressuring 2 minutes before time to be completed. Cool and open. Then cover and boil dumplings 12 minutes more.

Marge Hoezel

GYPSY DUMPLING

1 lb. ground beef (lean)	$\frac{1}{2}$ lb. pork ground
1 Tablespoon chopped onion	1 Tablespoon flour
2 Tablespoons Catsup	2 cans tomatoes
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper
2 Tablespoons fat	$1\frac{1}{2}$ cups water

Mix meat, salt, pepper, onion and shape into balls. Brown in fat. Add 1 Tablespoon flour and 1 cup water. Cook and add tomatoes and catsup and pour over meat balls. Simmer 10 minutes.

DUMPLINGS

$1\frac{1}{2}$ cups sifted flour	3 teaspoons baking powder
$1\frac{1}{2}$ Tablespoons shortening	$\frac{1}{2}$ cup milk

Drop dumplings on top of the meat balls. Cook 10 minutes. Serve with the tomatoes and meat balls over the dumplings. My family really loved this!

Helen Walter

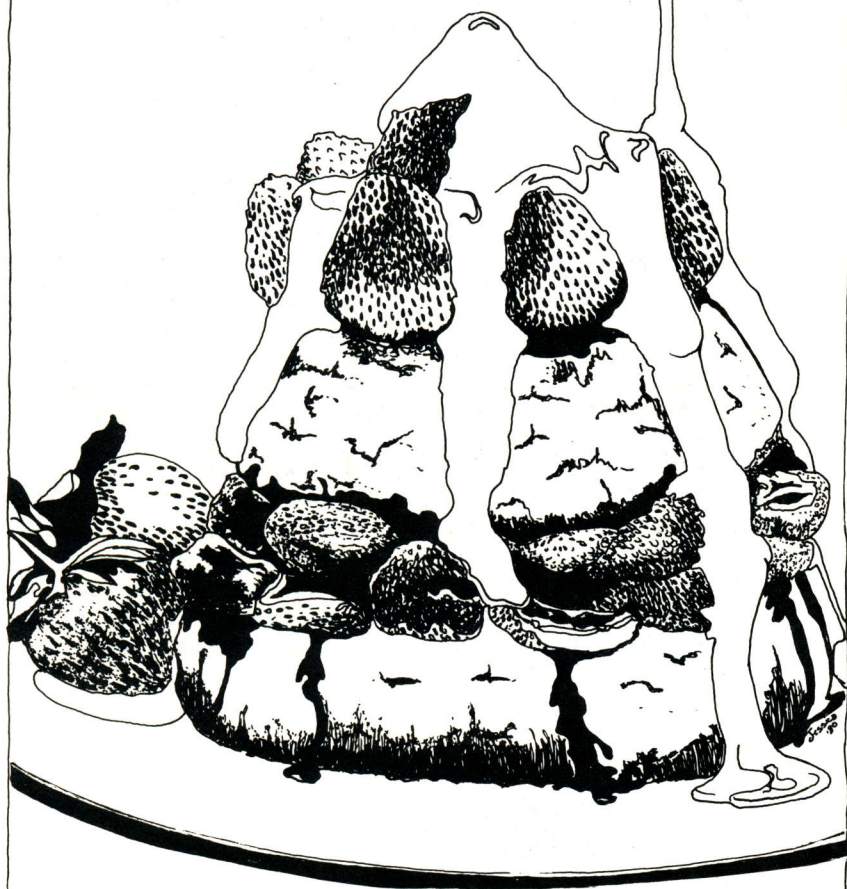
CORN PONE

2 cups corn meal (Indian)	3 cups boiling water
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ stick of butter

Pour boiling water over cornmeal and cool. Add $1\frac{1}{2}$ cup of sugar. Beat into the cooled cornmeal mixture; 3 eggs and 1 cup of milk. (The butter and the salt are added at the same time as the boiling water). Bake in a 350° oven for 1 hour.

Helen Walter

Desserts



CREAM PUFFS - MADE EASY

$\frac{1}{2}$ cup water	Powdered Sugar
$\frac{1}{4}$ cup butter or margarine	1 pkg. instant vanilla pudding
$\frac{1}{2}$ cup all-purpose flour	
2 Eggs	

Heat oven to 400°. Heat water and butter to rolling boil in saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about one minute. Remove from heat. Beat in eggs, one at a time; continue beating until smooth. Drop dough by scant $\frac{1}{2}$ cupfuls about 3 inches apart onto ungreased cookie sheet. Bake until puffed and golden, 35 to 40 minutes. Cool away from draft. Cut off tops, pull out any pieces of soft dough. Fill puffs with vanilla or French vanilla instant pudding. (Let pudding thicken slightly before filling.) Replace tops; dust with powdered sugar. Refrigerate until serving time. Makes 6 cream puffs.

Kendra Woodring

SPANISH CREME

1 Envelope Knox unflavored Gelatin	6 Tablespoons Sugar-divide in half
$\frac{1}{8}$ teaspoon Salt	2 Separated Eggs
2 cups Milk	1 teaspoon Vanilla

In the top of a double boiler mix Gelatin, 2 Tablespoons Sugar and salt. In another bowl beat egg yolks and milk together; then add to Gelatin mixture. Cook over boiling water stirring constantly until Gelatin is dissolved (about five minutes). Remove from heat and stir in vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff. Beat the remaining Sugar into the egg whites. Fold into the chilled Gelatin mixture. Turn into a 4 cup mold or into individual ones. Chill until firm; unmold on plate. Serve plain or with fruit or whipped cream. This makes 6 servings and is only 131 Calories.

Nellie Collison

PINEAPPLE DESSERT

1 pkg. Lemon Jello
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup sugar
1 cup whipped cream or
Cool-whip

9 oz. can crushed pineapple,
(Drained)
1 cup cooked rice (Cold)
 $\frac{1}{2}$ cup chopped nuts
maraschino cherries on top

Dissolve Jello in water and Cool When practically thickened, whip with rotary beater. Fold in remaining ingredients. Place in covered bowl in refrigerator for several hours. Serve in sherbet glasses, topped with cherry.

Nellie Collison

CHERRY TORTE - UNCOOKED

$2\frac{1}{2}$ cups graham cracker crumbs
 $2\frac{2}{3}$ cup melted butter
1 cup milk
2 cans cherry pie filling

6 Tablespoons sugar
2 pkgs. Dream Whip
8 oz. pkg. cream cheese
room temp., cut in pieces

Mix crumbs, sugar and butter and line 9 x 13 inch pan. Chill. Beat Dream Whip with milk as directed on package, until thick and add cream cheese. Spread on cracker mixture and top with cherry pie filling. Blueberry Pie filling is also tasty.

Edith Davis

BROWNIE MIX

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup cocoa

$\frac{1}{2}$ teaspoon baking powder
1 cup sugar
 $\frac{1}{2}$ cup shortening

Sift dry ingredients. Cut in shortening with pastry blender until particles are very fine and uniform. Store in airtight container. When ready to bake; Add:

2 Eggs
1 teaspoon vanilla
1 cup chopped walnuts, if desired

Pour into an 8 inch square pan, lined with waxed paper. Bake 30-35 minutes in 350° F. oven. To serve, cut into squares.

Phyllis Hamilton

DABAGLIONE - FRENCH DESSERT

Juice of one Lemon	2 egg yolks + one whole egg
2 egg whites	$\frac{1}{2}$ cup sugar
2 cups white wine	pinch of salt

In the top of a double boiler put lemon juice, sugar, 2 egg yolks and whole egg. The water in the bottom of the double boiler should not touch the bottom of your top pan and should not be boiling too hard. With a whisk whip these ingredients until foamy; then add gradually $1\frac{1}{2}$ to 2 cups white wine. Keep whisking until these ingredients thicken and double in size. Remove from heat. In a separate bowl beat your two egg whites with a pinch of salt until you form stiff peaks. Fold your custard mix into this. Serve in a wine glass immediately. This only serves three - so if you want more you have to double it. Chef "Tell" gave this recipe on the "Evening Magazine".

Jean Mosteller

RICH FRESH APPLE CAKE

$1\frac{1}{2}$ cups oil	2 cups sugar
3 eggs	2 teaspoons vanilla
3 cups flour	4 cups diced apples
2 cups chopped nuts	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking soda	1 teaspoon cinnamon

Mix well oil, eggs and sugar. Add all other ingredients and stir until thoroughly mixed. Bake in greased and floured tube pan 65-80 minutes. Test for doneness. (Preheated oven at 350° F). After removing from oven let set in pan for 20 minutes; then remove from pan and cool on rack.

FROSTING

1 8-oz. pkg. cream cheese, room temperature
1 stick margarine, softened
1 teaspoon vanilla
1 box powdered sugar

Whip together and spread over cooled cake.

Edith Davis

EASY CHOCOLATE PIE

- | | |
|---|---|
| 2 cups cold milk | $1\frac{1}{2}$ cups chocolate ice cream, softened |
| 2 small packages <u>Instant</u> Chocolate Pudding & Pie Mix | |
| 1 Graham cracker pie crust | |

Thoroughly blend milk and ice cream in a large bowl. Add pudding-pie mix. Blend with spoon and then beat with hand mixer, or on low speed electric mixer for about 1 or 2 minutes. Pour immediately into pie shell. Chill until set, at least 2 hours. Garnish with whipped cream and shaved chocolate if desired.

Sara Savage

APPLE CRISP

- | | |
|-------------------------|---------------------------------|
| 6 good-sized apples | $\frac{1}{2}$ teaspoon Cinnamon |
| $\frac{3}{4}$ cup sugar | 5 Tablespoons butter |
| 5 Tablespoons flour | $\frac{1}{4}$ teaspoon nutmeg |
| 5 Tablespoons sugar | |

Place apples in shallow casserole. Combine $\frac{3}{4}$ cup sugar and cinnamon and sprinkle over the apples. Make a topping of remaining ingredients and sprinkle over apples. Bake at 375° approximately 45 minutes.

Libby Hancock

CREAMY RICE PUDDING

- | | |
|-----------------------------|---|
| 3 Tablespoons uncooked rice | $\frac{1}{2}$ cup sugar |
| 1 quart of milk | 3 eggs |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ teaspoon Cinnamon or Nutmeg |

Beat eggs and sugar. Add all other ingredients and pour into a greased baking dish. Bake for 3 hours in a slow oven stirring several times during the first hour. ($\frac{1}{2}$ cup raisins may be added if desired.

Elizabeth M. Van Sant

MOTHER'S RICE PUDDING

1 quart milk	$\frac{1}{2}$ cup sugar
Lump of butter	$\frac{1}{2}$ cup uncooked, regular
1 teaspoon vanilla	Rice

Mix all in a casserole. Bake in a 400° F. oven until it is thick enough, about 1½ hours. Stir in the brown top, which forms, three times. After it is baked, add more vanilla, if it seems to have cooked out.

Elizabeth Coleman

BAKED PINEAPPLE DESSERT

Beat in bowl: 3 eggs and $\frac{1}{2}$ cup sugar
Add: 1 #2 can crushed pineapple (20 oz.)
Mix and pour into greased 2 quart casserole.
Cube 8 slices of bread and brown in 1 stick of melted butter in pan. Place on top of the pineapple mixture.
Bake at 350° F. oven for 40-45 minutes or until browned.
Serve warm with milk, ice cream or topping. Serves 8.

Edith Davis

NEVER FAIL PIE CRUST

4 cups flour and 2 teaspoons salt - Mix and Add:
1 Egg
1 teaspoon sugar
1 teaspoon vinegar
 $\frac{1}{2}$ cup cold water

Mix together and add to flour mixture and mix well. Refrigerate dough for 1 hour or more. (Dough keeps well in refrigerator if wrapped in foil for **weeks**) It may also be frozen. Bake at a lower temperature than regular pastry - 375° F. oven for 40 minutes.

Brenda Fleming

CHOCOLATE ANGEL PIE

2 egg whites	1 cake ($\frac{1}{4}$ lb.) Sweet Chocolate
$\frac{1}{8}$ teaspoon salt	3 Tablespoons hot water
$\frac{1}{8}$ teaspoon cream of tartar	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	1 cup cream (whipped)
$\frac{1}{2}$ cup chopped nut meats	
$\frac{1}{2}$ teaspoon vanilla	

Beat 2 egg whites until foamy; add $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon cream of tartar. Beat until mixture stands in soft peaks. Add $\frac{1}{2}$ cup sugar gradually; beat until very stiff. Fold in $\frac{1}{2}$ cup chopped nut meats and $\frac{1}{2}$ teaspoon vanilla. Turn into lightly greased 8 inch pie plate; make a nest-like shell. Build sides up above the edge of plate. Bake in slow oven (300°) for 55 minutes. Cool. Melt 1 cake ($\frac{1}{4}$ lb.) Sweet Chocolate in double boiler. Add 3 Tablespoons of hot water. Blend and cool. Add 1 teaspoon of vanilla. Fold this mixture into 1 cup of whipped cream. Turn into meringue shell. Chill. Serves 8.

Phyllis Hamilton

CHOCOLATE CHIP MERINGUES

2 egg whites	$\frac{3}{4}$ cup sugar
$\frac{1}{8}$ teaspoon salt	1 pkg. (6 oz.) chocolate chips
$\frac{1}{8}$ teaspoon cream of tartar	$\frac{1}{2}$ cup broken nut meats
1 teaspoon vanilla	(preferably English walnuts)

Beat egg whites, salt and cream of tartar to soft peaks. Add vanilla. Add sugar gradually and beat to good stiff peaks. Fold in chocolate chips and nuts. Cover cookie sheet with brown paper. Drop rounded teaspoonfuls an inch apart on the brown paper. Bake in pre-heated oven for 25 minutes at 300° F.

For soft insides, remove from oven after 25 minutes. For crisp meringues, just turn heat off after 25 minutes and leave meringues in closed oven for several hours or overnight.

These cookies are especially good with ice cream. Also green or other food coloring may be used for occasions. When using green, use mint flavoring instead of vanilla. Mint chocolate chips are good too instead of regular chocolate chips. Makes 2 to 3 dozen depending on size.

Edith Davis

LAZY DAISEY CAKE

2 eggs (beaten)	1 cup sugar
1 teaspoon vanilla	1 cup flour
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon salt

MIX WELL - double for large cake

Heat $\frac{1}{2}$ cup of milk to boiling with 1 teaspoon butter.

Add last. Bake in a 350° oven. Frost while cake is hot.
(Use a 9 X 13" greased and floured pan).

FROSTING

5 Tablespoons brown sugar	$\frac{1}{2}$ cup cocoanut
3 Tablespoons butter	2 Tablespoons cream

Melt butter, add brown sugar, cocoanut and cream.

Betty Lamborn

PENNSYLVANIA AMISH SHOOFLY PIE

Crumb: $1\frac{1}{2}$ cups flour	1 cup brown sugar
$\frac{1}{4}$ cup shortening	

Liquid:

$\frac{3}{4}$ teaspoon soda	$\frac{1}{8}$ teaspoon salt
1 teaspoon nutmeg	$\frac{3}{4}$ cup hot water
$\frac{1}{2}$ teaspoon cloves (ground)	$\frac{3}{4}$ cup molasses
$\frac{1}{8}$ teaspoon ginger	

If you like more spice be a little more generous with your measurements. Mix together spices and molasses and then add hot water. Put into an unbaked pie shell.

Alternate liquid and crumbs. Crumbs on top and bottom.

Bake for 15 minutes at 450° then turn your oven down to 350° and bake for 20 minutes more.

Helen Walters

UNCOOKED FRUIT CAKE

$\frac{1}{2}$ lb. vanilla wafers, crushed	$\frac{1}{2}$ lb. graham crackers, crushed
1 box mixed candied fruit, (any amount candied fruit may be added)	1 box cocoanut (optional)
5-oz. candied cherries	1 lb. pecans and/or walnuts, chopped in small pieces
1 cup brandy or rum, or part orange juice to make 1 cup	1 can Eagle Brand condensed milk

Mix dry ingredients as added. Add milk and brandy and mix well. Pack into buttered Pyrex loaf pan, cover, and store in refrigerator. Will keep for weeks, but after flavors have blended, it may be frozen for up to one year.

Edith Davis

FRUIT SALAD PIE

$\frac{1}{2}$ cup milk	24 marshmallows
1 large can fruit cocktail	$\frac{1}{2}$ pint whipping cream
Graham cracker crumbs	butter and sugar for crust

First grease a 9 x 13 dish. Make a graham cracker crust following the directions on the Graham Cracker Crumbs package. (You will use the butter and sugar here.) Save some of the crust to sprinkle over the top of the Fruit Salad pie. In a double boiler put the $\frac{1}{2}$ cup of milk and the 24 marshmallows and melt them. While they are cooling - whip the $\frac{1}{2}$ pint of all purpose cream until it has points. Add marshmallows to whipping cream. Fold it in. Next drain thoroughly the can of fruit salad. When it is thoroughly drained fold it in to the marshmallow mixture. Pour into crust in pan and sprinkle on topping. Put waxed paper on top and put into refrigerator. Better made the day before serving. (I always enlarge this recipe by adding 12 more marshmallows and another smaller can of drained fruit cocktail.)

Jean Mosteller

PINEAPPLE MERINGUE PIE

1 cup crushed pineapple	6 Tablespoons sugar
1 cup boiling water	$\frac{1}{8}$ teaspoon cream of tartar
3 Tablespoons cornstarch	Dash of salt
3 eggs, separated	Juice of 1 lemon or 2 Table-
$\frac{3}{4}$ cup sugar, or less as desired	spoons "Realemon"
1 9 inch baked pie shell	

Combine cornstarch, sugar and lemon juice. Add lightly beaten egg yolks, salt and pineapple. Gradually add boiling water. Over low heat, bring to a boil and boil 2-3 minutes, stirring constantly. Cool slightly before pouring into baked pie shell.

Meringue: Add dash of salt and cream of tartar to egg whites. (Egg whites must be at room temperature or warmed slightly by setting bowl in warm water.) While beating egg whites, gradually add sugar and beat until sharp peaks form when beaters are lifted. Spoon meringue over pie filling, being sure it is pressed against crust all around (Sealed). Using spoon, pull meringue into peaks. (I let filling cool while I make meringue. Crust stays more crisp.) Bake in medium oven, about 350° until golden with brown peaks.

Edith Davis

AMAZING COCONUT PIE (NO CRUST)

- | | |
|-----------------------------|-------------------------------------|
| 2 cups milk | 3/4 cup sugar |
| 1/2 cup Bisquick | 4 eggs |
| 1/2 cup butter or margarine | 1 1/2 teaspoons vanilla |
| (Squeeze Parkay) | 1 cup Bakers Angel Flake
Coconut |

Combine milk, sugar, Bisquick, eggs, butter and vanilla in blender. Cover and blend on low speed for 3 minutes. Pour into a greased 9" pie dish. Let stand 5 minutes. Sprinkle coconut over top. Bake at 350° for 40-45 minutes until knife inserted in the center comes out clean. Serve warm or cool. Serves 6-8. Enjoy!

Barbara Bannowsky

PUMPKIN PIE

- | | |
|-------------------------|--|
| 1 Tablespoon butter | 1/2 teaspoon ginger |
| 1/2 cup sugar | 1/2 teaspoon cloves |
| 2 eggs | 1/2 teaspoon cinnamon |
| 1/2 teaspoon salt | 1/2 teaspoon nutmeg |
| 1 cup pumpkin | (For less spicy pie use
half this amount) |
| 1 Tablespoon cornstarch | |
| Nuts (optional) | |

Put eggs, pumpkin, sugar and spices in mixer. Blend. Heat milk and butter; mix cornstarch in cold milk and add. Stir over low heat until hot and slightly thickened. Add to pumpkin mixture and stir. Pour into un-cooked pie shell and sprinkle with cinnamon. Add nuts if desired. Bake in 375° oven for 40 minutes and check with knife in center to see if done.

Edith Davis

BROWNIE PIE

- | | |
|---------------------------------------|----------------------|
| 1 cup sugar | 1/2 cup butter |
| 2 eggs | 2/3 cup sifted flour |
| 1 square bitter chocolate
or cocoa | 1 teaspoon vanilla |

Beat sugar and butter with mixer; then add eggs one at a time until thoroughly mixed. With rubber spatula or spoon fold in the sifted flour; then add melted chocolate and vanilla. Pour into a greased glass pie plate (no crust) and bake in a preheated 325° oven for 25 minutes. Serve with vanilla ice cream. 3 servings.

Jean Mosteller

CHESS PIE

2/3 cup Butter
3/4 cup sugar
2/3 cup milk

4 egg yolks
4 egg whites
Pie crust

Cream butter and sugar; add egg yolks one at a time and beat. Add milk and stir constantly while cooking over low heat. Cook until thickened. Beat before putting into cooked pie shell. Top with meringue of 4 egg whites with sugar to taste added.

Brenda Fleming

APRICOT-COCOANUT PIE

9 inch pie shell, baked
3/4 cup sugar
1/2 cup flour or 1/4 cup cornstarch
1/4 teaspoon salt
1 16-oz. can apricot halves
and juice, blended

1 3/4 cup milk
4 egg yolks, beaten
1 tablespoon butter
1/2 teaspoon vanilla
1/2 cup flaked cocoanut

Meringue: 4 egg whites
1/4 teaspoon cream of tartar
1/2 teaspoon vanilla
1/2 cup sugar
Flaked cocoanut

Combine first 5 ingredients and heat to boiling. Take a little of this and add to beaten egg yolks, then add to kettle. Stir and slowly bring to a boil. Remove from stove and add butter, vanilla and cocoanut. Cool while making meringue.

Beat egg whites at room temperature with salt and cream of tartar to soft peaks. Add vanilla; add sugar gradually and beat to sharp peaks.

Spoon filling into baked pie shell; spoon meringue over top, being sure to seal to crust around edges. Sprinkle cocoanut over meringue, (1/2 cup flaked). Bake in preheated oven 350° until browned as desired, 10-15 minutes.

Edith Davis

HOT-WATER PIE CRUST

$\frac{1}{4}$ cup boiling water
 $\frac{1}{2}$ cup shortening

$1\frac{1}{2}$ cup flour
 $\frac{1}{2}$ teaspoon salt

Pour water over shortening; beat at high speed until creamy, consistency of whipped cream. (If shortening melts instead of becoming creamy, let it cool a while, and beat again.) Cool creamed shortening thoroughly in refrigerator. Add flour, sifted with salt; stir with fork until all ingredients are blended. Roll into shape on lightly floured board or pastry cloth. Makes crust for one open-face pie, 9 inch. Prick with fork and bake at 425° until golden brown - about 10 minutes. Note: I use 4 times this recipe (1 cup water, 2 cups shortening, 6 cups flour and 2 teaspoons salt) and make 5-6 crusts and freeze the ones I don't need at once. Flute the crusts, as usual, by pressing with the index finger against finger and thumb around edge. Edge should be doubled by trimming about inch out from pan and turning under to make nice deep fluted edge. To freeze: Stack pans with raw crusts, double wax paper between. Put in plastic bag.

Edith Davis

CRUMB TOPPING FOR FRUIT PIE

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ cup sugar
Cinnamon, if desired

$\frac{1}{3}$ cup margarine
Pinch of salt

Mix together flour, sugar and salt. Cut in margarine with pastry blender. Sprinkle over top of fruit pie and bake according to directions. Makes topping for one 9 inch pie. When used over raw peaches or apples no thickening is needed. (I use this with canned or raw fruit to make "two crust" pie when using frozen pie shells.) Sprinkle cinnamon over top before baking. It is good to make 3-4 or more times the recipe and place topping, not needed, in a plastic bag and freeze for future use.

Edith Davis

PINEAPPLE FLUFF CAKE

6 egg whites	6 egg yolks
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup Pineapple Juice
1 Tablespoon Lemon Juice	$1\frac{1}{2}$ cups flour
1 teaspoon baking powder	

Beat egg whites with salt to form peaks. Gradually beat in $\frac{3}{4}$ cup sugar. In a separate bowl, beat egg yolks and $\frac{3}{4}$ cup sugar until thick. Add the pineapple juice and lemon juice to this. Beat until sugar dissolves. Add flour with the baking powder. Fold in egg whites. Bake for one hour at 325° F.

Mildred Pierson

BLACK WALNUT CAKE

1 cup butter	4 eggs, separated
2 cups sugar	1 cup milk
4 cups flour	1 teaspoon vanilla
2 teaspoons baking powder	$\frac{1}{2}$ cup chopped black walnuts
$\frac{1}{2}$ teaspoon salt	

Cream shortening and sugar. Add well-beaten egg yolks. Beat well. Sift dry ingredients. Add to creamed mixture alternately with milk. Beat the egg whites until stiff peaks form. Fold the batter into the beaten egg whites. Flour the walnuts and fold these in the mixture as well as the vanilla. Bake in well greased tube or bundt pan at 350° F. for about 1 hour.

Mary Ellen Fowler

CHOCOLATE CHERRY CAKE

2 cups flour	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ cup oil	2 eggs
2 teaspoons vanilla	1 teaspoon baking soda
1 teaspoon cinnamon	$\frac{1}{8}$ teaspoon salt
1 (21-oz.) can Cherry pie filling	1 (6-oz.) pkg. semi-sweet chocolate bits
1 cup chopped nuts	

Preheat oven to 350° F. Combine all ingredients. Pour in a greased and floured bundt pan and bake 1 hour. Cool 10 minutes. Remove - sprinkle with confectioner's sugar.

STRAWBERRY SWIRL

- | | |
|-------------------------------|--------------------------------|
| 1 cup Graham cracker crumbs | 1 Tablespoon sugar |
| $\frac{1}{4}$ cup butter | 2 cups sliced strawberries |
| 1 3-oz. pkg. strawberry Jello | 1 cup boiling water |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ lb. marshmallows |
| | 1 cup Cool Whip |

Mix crumbs, sugar and butter. Press firmly over bottom of baking dish. Chill until set. Sprinkle Tablespoon sugar over berries. Let stand $\frac{1}{2}$ hour. Dissolve gelatin in boiling water. Drain berries - reserving juice. Add water of juice to make 1 cup liquid. Add to gelatin. Chill until partially set.

Meanwhile: Combine marshmallows and milk. Stir over low heat (use double-boiler if you prefer) until marshmallows melt. Cool thoroughly, then fold in the Cool Whip. Add berries to gelatin. Swirl in marshmallow mixture to make marble effect. Pour into crust. Chill until set. (Instead of the 2 cups of sliced fresh strawberries you can use 1 10-oz. pkg. of frozen strawberries, thawed.)

Karen Young Talley

DAIQUIRI PIE

- | | |
|---|--|
| 1 pkg. Jello lemon-flavored pudding and pie filling (NOT Instant) | 1 pkg. Lime Jello |
| 2 Eggs, slightly beaten | $\frac{1}{3}$ cup sugar |
| 2 cups Cool Whip | $2\frac{1}{2}$ cups water |
| | $\frac{1}{2}$ cup light Rum |
| | 1 baked 9 inch Graham Cracker crust - cool |

Mix pudding, Jello and sugar. Stir in $\frac{1}{2}$ cup water and eggs. Blend well and add remaining water. Stir over medium heat until mixture comes to a full boil. Remove from heat and stir in Rum. Chill about $1\frac{1}{2}$ hours. Blend Cool Whip into chilled mixture. Spoon into crust. Chill until firm - about 2 hours. Garnish with extra topping, lime or lemon slices, or peel, or graham cracker crumbs.

Jean Mosteller

SPICED AND GLAZED PECANS

1 cup sugar	1/8 teaspoon Cream of Tartar
1/2 teaspoon Cinnamon	
1/4 cup water	1 teaspoon vanilla

Mix the above ingredients together in a saucepan. Boil until it becomes a thick syrup. (Only a few minutes). Add 1 teaspoon vanilla; stir in and then add 2 cups of pecan halves. Immediately remove from heat and stir quickly. Pour out on waxed paper and pull all the nuts apart.

Jean Mosteller

PEANUT BUTTER BALLS

Mix together in a large bowl:

2½ lbs. powdered sugar	2 cups peanut butter
1 lb. Oleo	

Mix well and roll into small balls.

In double boiler top melt:

1/8 lb. Parafin (Gulf Wax)	1 12-oz. pkg. Chocolate bits
----------------------------	------------------------------

Dip peanut butter balls in melted chocolate mixture and place on waxed paper. (This makes a large amount of balls, depending on size). The balls can be made and placed in refrigerator and dipped in chocolate later.

Karen Young Talley

MILLION-DOLLAR FUDGE *

1 can (13½ ozs.) evaporated Milk	4½ cups sugar
Dash of salt	1 pkg. (12 ozs.) Chocolate Bits
1 bar (12 ozs.) sweet chocolate, broken into pieces	1 jar (8-ozs.) Marshmallow Whip
2½ cups chopped walnuts	

Mix evaporated milk, sugar, butter and salt in a saucepan and bring to boiling. Stir and boil for 7 minutes. Combine all remaining ingredients in a large bowl; mix well. Pour boiling evaporated milk mixture over all. Beat until fudge is creamy. Pour into a buttered 9 x 9 inch square pan to cool. Cut into squares when cold. Makes 30 squares. President Eisenhower named this! Mamie Eisenhower's recipe.* Jean Mosteller

BANANA SPLIT CAKE

1st layer of cake

3 cups graham cracker crumbs

1½ stick Oleo

Press in bottom of a 9 x 13" pan.

2nd layer of cake

2 cups brown sugar

2 eggs

2 sticks Oleo

1½ teaspoons Vanilla

Let your electric mixer beat this for 20 minutes on HIGH SPEED -(No Less than 20).

3rd layer of cake

2 cups drained crushed pineapple

7 Banana slices (5-8 depending on size of pan).

Topping - 2 Packages of DREAM WHIP with nuts and cherries.

Karen Talley

CARROT CAKE

2 cups all purpose flour

1 teaspoon Baking Soda

1 teaspoon salt

1 teaspoon Cinnamon

2 teaspoons Baking Powder

2 cups sugar

4 eggs

1½ cups Oil (Wesson)

2 cups grated carrots

½ cup chopped nuts

(don't press down)

Sift flour, soda, salt, Cinnamon, Baking Powder and Sugar in a bowl. In a separate bowl beat the eggs until frothy. Slowly add Oil. Gradually add flour mixture. Mix in Carrots and Nuts. Grease pan and flour as well. (Use 3 square pans). Turn oven to 350° and cook cakes for 30 minutes. Cool and frost.

ICING

1 large package of Philadelphia Cream Cheese

4 Tablespoons Butter

4 1/3 cups Confectionate Sugar (1 box or a little less)

1 teaspoon Vanilla

½ cup raisins

This makes enough to frost the cakes.

Thelma Kern

APPLE CAKE

3 cups flour
2 eggs
1 cup chopped walnuts
1 teaspoon soda
 $\frac{1}{2}$ teaspoon salt
1 teaspoon rum flavoring

2 cups sugar
3 cups diced apples
 $\frac{1}{2}$ cups Wesson oil
1 teaspoon cinnamon
1 teaspoon vanilla

Beat eggs until yellow. Add oil, stir well. Add dry ingredients. Add nuts and apples. Last - add vanilla and rum flavoring. Combine thoroughly. Pour into well greased tube pan and bake $1\frac{1}{2}$ hours at 325° F. Leave in pan to cool.

Lucy Barnes

BACARDI RUM CAKE

1 cup chopped pecans or walnuts
1 pkg. Instant vanilla flavor pudding (4 serving)
 $\frac{1}{2}$ cup vegetable oil

1 pkg. yellow cake mix (2 layer size)
4 Eggs
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup Bacardi dark Rum (80 proof)

Sprinkle chopped nuts in bottom of greased and floured tube cake pan (10") or Bundt pan. Combine cake mix, pudding mix, eggs, $\frac{1}{2}$ cup water, oil and $\frac{1}{2}$ cup Rum in mixer bowl. Blend, then beat at medium speed for 2 minutes. Pour into pan, bake at 325° F. for 60 minutes or until cake tester comes out clean. Cool in pan for 15 minutes.

Glaze: Combine 1 cup sugar, $\frac{1}{2}$ cup butter (or margarine) and $\frac{1}{4}$ cup water in a saucepan. Bring to a boil. Boil 5 minutes, stirring constantly. Remove from heat. Stir in $\frac{1}{2}$ cup Bacardi dark Rum and bring just to a boil. Remove cake from pan onto plate. (Use plate with a lip as glaze will overflow). Prick cake with cake tester. Spoon warm glaze over warm cake. Garnish with whole pecans. Best if let set overnight. The glaze will soak in then. (You can keep spooning glaze over cake as it collects on plate. It will eventually soak in.

Barbara Bannowsky

ANGEL FOOD CAKE

1 cup egg whites -plus	2 Tablespoons cold water
1 extra egg white	$\frac{1}{2}$ teaspoon salt
1 teaspoon cream of tartar	$1\frac{1}{2}$ cup granulated sugar
1 cup Swansdown Cake Flour	1 teaspoon vanilla
measured after sifting once.	

Beat egg whites until frothy only - add 1 teaspoon of cream of tartar and beat until whites are stiff.

Gradually add $1\frac{1}{2}$ cup of granulated sugar, beating all the time. Measure 1 cup of Swansdown cake flour and fold flour gradually into egg mixture. Don't beat! Add 1 teaspoon vanilla. Place batter in ungreased tube cake pan. Put in oven and then turn the oven on to 300°. Cook approximately 1 hour or until light brown. Do not remove cake from pan until cold. Run knife around edges of pan to loosen cake.

A favorite icing for this cake in our family was made with a pint of heavy cream, whipped and sugared to taste with broken-up Heath bar bits (2 or 3 bars) mixed in with the whipped cream.

Nancy Whitlock

FRESH APPLE CAKE

2 medium apples	1 cup sugar
$1\frac{1}{2}$ cups cake flour	1 teaspoon baking soda
$\frac{1}{2}$ teaspoon salt	1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon nutmeg	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{4}$ cup melted butter	1 egg
$\frac{1}{2}$ cup seedless raisins	$\frac{1}{2}$ cup chopped walnuts
Powdered sugar	

Peel and core apples; coarsely chop and measure 1 and $\frac{3}{4}$ cups into a large bowl. Add sugar and let stand 10 minutes. Sift flour with soda, salt, cinnamon, nutmeg and allspice. Blend butter and egg into apple mixture; add dry ingredients and stir until just blended. Fold in raisins and nuts. Pour into a greased 8 inch square pan. Bake at 350° for 50 to 55 minutes. Sprinkle with powdered sugar.

Edith Davis

DELICIOUS COOKIES

1 cup shortening	1 cup sugar
1 teaspoon salt	2 eggs, unbeaten
1 teaspoon vanilla	2½ cups flour

Blend shortening, salt and sugar, add eggs. Beat well after each egg is added. Add flour and vanilla. Drop from teaspoon on greased cookie sheet about 2 inches apart. Let stand a few minutes, then flatten with a glass dipped in sugar. Bake at 350° for 8 minutes or until delicately brown.

Anna Frazer

BROWNIES

1 cup sugar	2 eggs
2 squares baking chocolate	1 teaspoon vanilla
½ cup butter or margarine	1 scant cup flour

Melt butter and chocolate, then add to other ingredients. Bake in a 350° oven for 30 minutes. Cut when cool. (Be sure to grease your baking pan before adding batter).

Margaret Hanby

VIENNA TARTS

4 oz. butter	
4 oz. cream cheese	Mix these three ingredients and
1 cup flour	let stand overnight.

Make the batter into two balls. Let get very cold. When the dough is chilled, roll it very thin and cut into 3 inch squares. Put one teaspoon of pineapple jam on each square. Fold over and press edges together. Bake at 400° for 10 minutes. Makes 2½ dozen.

Anna Frazer

LEMON DREAM BARS

½ cup butter	
1 cup sifted flour	Mix these 3 ingredients as
2 Tablespoons sugar	pie crust and press firmly
	into ungreased square pan.
	Bake at 350° 15 to 20 minutes.

Combine next in mixing bowl - 2 beaten Eggs and ½ cup of brown sugar, ½ cup nuts, ¼ teaspoon salt, and 1/8 teaspoon Baking powder and ½ teaspoon vanilla. Mix well and spread on baked pie dough. Return to oven for 25 to 30 minutes. Frost immediately with 2 teaspoons grated lemon rind, 2 Tablespoons lemon juice and 1 cup powdered sugar. Cool before cutting.

Jean Mosteller

SUGAR COOKIES

1 cup butter or oleo	2 cups sugar
2 eggs	1 cup salad oil
pinch of salt	1 teaspoon vanilla
5 cups flour	2 teaspoons baking soda
2 teaspoons cream of tartar	

Cream the butter and sugar. Add eggs, salad oil, salt, and teaspoon of vanilla.

After measuring the flour; sift together with the other dry ingredients. Slowly add this to the batter.

Roll into balls between palms of hands to about the size of a walnut. (Dough will be soft). Roll the balls on sugar and cinnamon, flatten with the bottom of a glass dipped in sugar. Bake for 10 to 12 minutes or until lightly browned on edges in pre-heated oven at 350° F. Cool on a rack and store in an air-tight container. (Keep the balls small as they spread when baking.

Barbara Bannowsky

ORANGE COOKIES

1 cup sugar	1 cup shortening
2 eggs	1 orange rind- grated

Mix well and Add:

$\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{4}$ cup orange juice	
2 $\frac{3}{4}$ cups flour	1 cup walnut pieces

Mix well and drop by teaspoons on cookie sheet. (Grease!) Bake at 375° F. until slightly brown. Sprinkle with sugar. (Chilling dough makes a crisper cookie).

Brenda Fleming

RICH TBA BALLS - My Great Aunt Millie Swanson Quiggle

Sift together:

2 cups flour	$\frac{1}{4}$ Tablespoons Confectioners Sugar
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Mix in:

1 cup shortening ($\frac{1}{2}$ Crisco and $\frac{1}{2}$ Oleo)
3 Teaspoons vanilla
1 cup chopped nuts.

Shape into balls and bake at 375° F. about 20 minutes or just until browned on bottom. Roll in powdered sugar when cool.

Karen Young Talley

HOOTENANNY CAKE

- | | |
|--|-----------------------|
| 1 box yellow cake mix | 1 cup water |
| 1 box instant toasted coconut or plain | 4 eggs |
| vanilla pudding | $\frac{1}{2}$ cup oil |
| $\frac{1}{2}$ teaspoon baking powder | 1 teaspoon vanilla |

Grease bottom of tube pan. In large bowl mix the above and then beat for five (5) minutes. Prepare Nut Mixture.

NUT MIXTURE

- | | |
|----------------------|-------------------|
| 1 cup chopped nuts | 4 teaspoons sugar |
| 2 teaspoons cinnamon | |

Mix nuts, sugar and cinnamon together. Put $\frac{1}{3}$ of nut mixture in bottom of the greased tube pan, add $\frac{1}{2}$ cake batter. Add another $\frac{1}{3}$ nut mixture and remaining cake batter. Top with remainder of nut mixture. Bake at 350° for 50 or 60 minutes.

Brenda Fleming

BING CHERRY PARFAIT PIE

- | | |
|------------------------------------|------------------------------------|
| 1 pkg. Cherry Jello | 1 cup hot cherry syrup |
| $\frac{1}{4}$ cup cold water | 1 pint vanilla ice cream |
| 1 dark sweet cherries
(Drained) | 1 baked 9" pie shell -
(Cooled) |

Dissolve Jello in hot Cherry syrup. Add cold water. Cut ice cream into 6 chunks, add to Jello mixture and stir until melted. Chill until mixture begins to thicken (20 to 30 minutes). Fold into pie shell and chill 30 to 35 minutes.

Kendra Woodring

BLACKBERRY MUSH

- | | |
|----------------------|-------------------------|
| 1 quart blackberries | $\frac{1}{4}$ cup water |
| 1 cup sugar | |

Cook together, boil about 5 minutes.

Add 2 Tablespoons cornstarch mixed with a little water. Cook until thickened. Put through strainer if you wish. Pour into Bowl or casserole. Sprinkle nutmeg on top. Refrigerate.

Libby Hancock

BANANA COOKIES

Sift together:

- | | |
|------------------------------------|---------------------------------|
| 1 $\frac{3}{4}$ cup flour | 1 teaspoon salt |
| 1 cup sugar | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{2}$ teaspoon baking soda | $\frac{3}{4}$ teaspoon cinnamon |

Mix in:

- | | |
|------------------------------|-------|
| $\frac{3}{4}$ cup shortening | 1 Egg |
| 1 cup mashed Bananas | |

Mix well and add $1\frac{1}{4}$ cup of Quick Quaker Oats. Drop by teaspoon on greased cookie sheet. Bake at 400° F. for 10 to 12 minutes or until light brown. (Raisins or Chocolate bits may also be added).

Karen Young Talley

DEVILS FOOD COOKIES

- | | |
|--------------------------|--|
| $\frac{1}{2}$ cup butter | 1 pint Sour Cream |
| 1 cup brown sugar | 2 1-oz. squares of unsweetened Chocolate |
| 1 Egg | 2 cups sifted flour |
| 1 teaspoon vanilla | $\frac{1}{4}$ teaspoon baking soda |
| $\frac{1}{2}$ cup nuts | $\frac{1}{2}$ teaspoon salt |

Cream butter and sugar, add egg and vanilla. Melt the Chocolate squares and allow to cool; then add to butter sugar and egg mixture. Stir in. Sift together the dry ingredients, add alternately with sour cream. Mix well and stir in nuts. Drop from teaspoon 2 inches apart on greased cookie sheet. Bake for 10 minutes in 350° F. oven or until done. When cool ice with Mocha Frosting.

MOCHA FROSTING

- | | |
|-----------------------------|-----------------------------------|
| $\frac{1}{2}$ cup margarine | 4 cups sifted Confectioners Sugar |
| Dash of salt | |
| $\frac{1}{3}$ cup Cocoa | $\frac{1}{3}$ cup strong Coffee |

Cream margarine and add sugar and salt. Add Cocoa and Coffee. Beat until fluffy and frost your Devils Food cookies with this. Delicious!

Jean Mosteller

SWEDISH FRUIT CAKE - GRANDMA SWANSON

3 cups flour	4 eggs
2 cups sugar	5 teaspoons Baking Powder
1 cup butter	1 cup milk

Cream butter, add sugar, beat in eggs one at a time.
Add: flour and baking powder. Then add milk.

Take out 1/3rd of batter for first layer.

To the remaining batter Add:

1 teaspoon cinnamon	1 teaspoon allspice
1 teaspoon cloves	1 cup nuts. This batter

will make 2 layers. Bake the 3 layers in 350° F. oven for 35 to 40 minutes. Test for doneness. When cakes are done and cooled put them together with the following filling. Place the one white layer between the 2 other layers.

Mix together:

1 can crushed pineapple	1 can coconut
1½ cups sugar	Juice of 2 large oranges
2 teaspoons cornstarch	

Cook these together on low heat for a few minutes.
Let cool slowly until thick. Spread between layers and on top of cake.

Grandma Swanson said this recipe was originally called Japanese fruit cake BUT when the Japanese bombed Pearl Harbor, the Swansons renames it SWEDISH FRUIT CAKE. This was Grandma's favorite Holiday cake!

Karen Young Talley

CHEESE PIE

1 Graham Cracker Pie shell	1 8-oz. pkg. cream cheese
1 8-oz. pkg. Dream Whip	½ cup sugar

Softens cream cheese and beat in ½ cup of sugar until smooth. Prepare Dream Whip as directed. Blend into cream cheese. Serve with pineapple, strawberries or cherries. Refrigerate at least 3 hours before serving.

Barbara Bannowsky

MILK CHOCOLATE CAKE

$\frac{1}{2}$ cup butter	2 squares Chocolate
$1\frac{1}{2}$ cup sugar	1 teaspoon salt
2 eggs	1 teaspoon vanilla
1 cup sour milk	1 Tablespoon vinegar
2 cups Cake Flour	1 teaspoon baking soda

Cream butter and sugar. Add eggs one at a time to mixture, beating well each time. Heat this and add the milk and flour alternately. Next add chocolate, salt and vanilla. Last fold in soda dissolved in vinegar. Mix well and bake in 350° F. preheated oven for 20 minutes or until done. DO NOT OVERBAKE.

Brenda Fleming

SILVER CAKE - AUNT SARA'S SPECIAL

Sift together:

$2\frac{1}{4}$ cup Soft as Silk Flour	$1\frac{1}{2}$ cups sugar
$3\frac{1}{2}$ teaspoons baking powder	1 teaspoon salt

Add:

$\frac{1}{2}$ cup Crisco	1 teaspoon Almond flavoring
$\frac{2}{3}$ cups Milk	

Beat for 2 (two) minutes.

Add: $\frac{1}{3}$ cup milk. Then add 4 large egg whites ($\frac{1}{2}$ o $\frac{2}{3}$ cup whites)

Beat 2 more minutes. Bake in 350° F. oven for 30 to 35 minutes. DO NOT OVERBAKE.

Karen Young Talley

SUNSHINE ANGEL FOOD CAKE

6 egg yolks (well beaten)	$\frac{1}{2}$ cup water
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ cup flour
$\frac{1}{2}$ teaspoon salt	6 egg whites
$\frac{3}{4}$ teaspoon cream of tartar	1 teaspoon vanilla

Beat egg yolks well and put together with water, and sugar. Beat long and well. Add flour, salt and beat again. In a separate bowl beat egg whites, cream of tartar and when you have stiff peaks; add vanilla.

Fold the egg white mixture into the yolk mixture
Bake in a tube cake pan for 1 hour in a 325° F. oven.

May be iced with a glaze icing or any kind desired or none.

Jean Mosteller

MOTHER-IN-LAW CAKE

2 cups unsifted all-purpose Flour	1½ teaspoon baking soda
1 cup sugar	½ teaspoon salt
¼ cup light molasses	1 can (20-oz.) crushed Pineapple
2 eggs	2 Tablespoons butter or margarine, very soft
2 Tablespoons brown sugar	
1 cup coarsely chopped walnuts.	

Preheat oven to 350° F. Grease a 13 X 9 X 2" baking pan. Stir together flour, baking soda, salt and sugar. Make a well in center.

Drain pineapple, pressing out liquids with spoon.

Reserve 1/3 cup of the syrup. Add syrup and crushed pineapple, molasses, eggs and soft butter to flour mixture. Beat with a large spoon until well mixed. Pour batter into prepared pan - spread with spatula. Sprinkle with walnuts and brown sugar. Bake 40 to 45 minutes until done. Remove to rack. Cut into 12 squares, serve with whipped cream, if desired. (Tastes better made the day before serving).

Merle Williams

BLUE BERRY ROLL

1½ cups flour	¼ cup milk
2 teaspoons baking powder	½ teaspoon salt
(½ cup sugar -for berries)	2 Tablespoons sugar
5 Tablespoons shortening	1 egg

Mix all of the above ingredients together except ½ cup sugar. Roll out the dough to approximately 8 X 12". Put fresh or frozen blue berries on top using 1 to 2 cups. Use 1/2 cup sugar on top of berries, then roll up like you do for cinnamon buns and lift into a greased pan, after pinching ends together. Serve with cream or milk.

Thelma Kern

ANGEL FOOD DELIGHT

Bake an Angel food cake from scratch. (Box cake is not good enough).

Dissolve 1 envelope of knox gelatin in $\frac{1}{4}$ cup lukewarm water.

When dissolved, mix with:

1 cup hot water

1 cup fresh orange juice

Juice of 1 lemon

Whip 1 pint of whipping cream and fold in above mixture.

Break up angel food cake into small pieces.

Line a large mixing bowl with wax paper.

Put $\frac{1}{3}$ of cake crumbs in bottom of bowl and then add a layer of the cream mix.

Alternate until each is used up. Put in the refrigerator or freezer over night.

Turn out on a large cake plate and peel off wax paper.

Whip $\frac{1}{2}$ pint of whipping cream and add 2 heaping Tablespoons of LOXXX sugar and 1 teaspoon vanilla.

Ice the cake with this mixture. Sprinkle with coconut tinted yellow. (Place coconut in a plastic bag with several drop of yellow food coloring - Shake so color is distributed evenly).

Thelma Kern

GOOPY CAKE

Make a package Yellow cake in a sheet pan. Cool. Prepare 1 package of Vanilla Instant Pudding. Blend into this 1 (8-Oz.) package of cream cheese. Spread on cooled cake. Sprinkle 1 - #1 size can of crushed pineapple on the cake. Next, spread with Cool Whip and top with shredded coconut. Put in refrigerator. Serves 15 or 16 people.

Mary Ellen Fowler

BROWNIES FUDGE CAKE

1 cup sugar

$\frac{1}{2}$ cup butter

2 eggs

1 teaspoon vanilla

$\frac{1}{2}$ cup nuts

scant $\frac{3}{4}$ cup flour

2 squares chocolate

Cream butter and sugar together and add melted chocolate. Beat the eggs and add to the mixture. Next add vanilla, nuts and flour. Bake in sheet pan at 350° for 30 minutes.

Mary Ellen Fowler

4 EGG SPONGE CAKE

4 eggs	2 cups sugar
1 cup milk	1 stick butter or oleo
2 cups flour	2 teaspoons baking powder
2 teaspoons vanilla	Dash of salt

Beat 4 eggs well and add 2 cups of sugar. Mix well. In a saucepan place 1 cup of milk and 1 stick of butter or oleo, scald this while mixing cake. Add 2 cups of flour, the baking powder and dash of salt to the eggs and sugar. Last, add hot milk and butter and vanilla. Use either greased and floured layer pans or tube pan or a 9 X 13" pan. All are fine. This makes a big cake.

Sara Slack

ELEGANT LEMON CAKE ROLL

4 eggs, separated	$\frac{1}{4}$ cup sugar
1 teaspoon lemon extract	$\frac{1}{4}$ teaspoon salt
1 Tablespoon vegetable oil	Powdered Sugar
$\frac{1}{2}$ cup sugar	Creamy Lemon Filling
$\frac{2}{3}$ cup sifted cake flour	$\frac{1}{2}$ cup flaked coconut
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon water
1 - 2 drops yellow coloring	

Beat egg yolks until light and lemon colored, gradually add $\frac{1}{4}$ cup sugar, beating constantly. Stir in lemon extract and vegetable oil. Set aside. Beat egg whites until foamy; gradually add $\frac{1}{2}$ cup of sugar, beating until stiff but not dry. Fold yolk mixture into whites. Combine flour, baking powder and salt. Fold into egg mixture. Grease a 15 X 10 X 1" jelly roll pan and line with wax paper. Spread batter evenly. Bake at 375° F. for 10 to 12 minutes. Sift powdered sugar in a 15 X 10" rectangle on a linen towel. When cake is done, immediately loosen from sides of pan and turn out on sugar. Peel off paper. Roll up cake and towel together. Cool on a wire rack, seam side down. Unroll cake, spread with half creamy filling and reroll. Place on serving plate, seam side down; spread remaining filling on all sides. Combine coconut, water and coloring in plastic bag; shake and sprinkle on the cake roll. Refrigerate 1 to 2 hours.

CREAMY LEMON FILLING

1 (14-oz.) can sweetened condensed milk	$\frac{1}{3}$ cup lemon juice
5 drops yellow food coloring	1-2 teaspoons grated lemon rind
1 (4-oz.) carton frozen whipped topping.	Mary Ellen Fowler

SWEDISH FRUIT SOUP

2/3 cup dried apricots	2 Tablespoons quick cook-
2/3 cup dried prunes	ing Tapioca
6 cups water	1/2 cup sugar
1 stick cinnamon	2 Tablespoons Raisins
2 lemon slices	1 apple, peeled, sliced

Wash dry fruits and soak in cold water for 30 minutes. Add Cinnamon stick, lemon slices, tapioca and sugar. Simmer, covered, until fruit is almost tender. Stir occasionally. Stir in raisins and apple slices and cook until apples are tender. Serve cold. Other dried fruits such as peaches and apples may be added. This is a traditional Scandinavian dish - always served on Christmas eve.

Brenda Fleming

KENTUCKY BOURBON PECAN CAKE

1 lb. shelled pecans	1/2 cup butter
3 Eggs, separated	1 1/2 cups flour
1 teaspoon baking powder	1 cup, plus 2 Tablespoons Sugar
1/2 lb. seeded raisins	1/2 cup (4-oz.) bonded Kentucky Bourbon
2 teaspoons freshly grated Nutmeg	
Jumbo pecan halves and candied cherries for decoration	

Break the pecans in pieces with fingers or chop very coarsely; cut raisins in half; set aside. Measure the flour after sifting once, then sift twice more. Take 1/2 cup of this flour and mix with nuts and raisins. To the rest of the flour add the baking powder and sift again. Cream butter and sugar. Separate eggs and add the yolks of eggs 1 at a time, to butter and sugar mix, beating each time until mixture is smooth and lemon-color. Soak the nutmeg in the Bourbon for at least 10 minutes, then add to the butter-and-egg mixture, alternating with flour, and beating as the batter is being blended. When finished it looks and tastes a great deal like egg-nog. Slowly fold in the raisins and nuts to the batter, using a heavy wooden spoon. Beat egg whites in a separate bowl until stiff, with a few grains of salt. Fold egg whites into batter. Grease a metal tube pan large enough to hold 3 pounds of batter. Line it with brown paper, greased on both sides. After filling pan with the batter let it stand for 10 minutes. Meantime, decorate. Decorate top with pecan halves and cherries. Cook for 1 1/4 hours in 325° oven. Test for doneness. Jean Mosteller

MACAROON PIE

- | | |
|--------------------------------------|-----------------------------|
| 20 dates, cut | $\frac{1}{2}$ cup nutmeats |
| 12 soda crackers or 15 Ritz | 1 cup sugar |
| Roll them quite fine | 3 beaten egg whites |
| $\frac{1}{4}$ teaspoon baking powder | 1 teaspoon almond flavoring |

Put in a greased dish. Bake at 350° F. for 30 or 40 minutes. Test with knife in center - comes out clean. Remove from the oven, cool and refrigerate. Can be stored: When serving - top with whipped cream.

Helen Walters

SOUR CREAM POUND CAKE

- | | |
|--|----------------------------------|
| 1 pkg. pound cake mix | 1 pkg. yellow or white cake mix |
| 1 Instant Vanilla Pudding Mix | $\frac{1}{3}$ cup oil or butter |
| 1 cup dairy Sour Cream | Melted |
| $\frac{3}{4}$ cup water | 1 teaspoon vanilla |
| $\frac{1}{4}$ teaspoon lemon or orange extract | 4 large eggs at room temperature |
| $\frac{1}{2}$ teaspoon salt | |

In a large bowl, combine pound cake mix, yellow cake mix and pudding mix. Add oil, sour cream, water, vanilla and lemon and orange extract plus salt. Beat until well blended about 3 to 5 minutes. Add eggs one at a time, beating at high speed after each addition. Pour batter into into 2 greased and floured 10 inch layer pans. Bake at 325° F. for 30 to 40 minutes or until cake tests done.

Lorraine Hudson

WACKY CAKE

- | | |
|---------------------------|-----------------------------|
| $1\frac{1}{2}$ cups flour | 1 cup sugar |
| 3 Tablespoons Cocoa | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon soda | |

Sift above dry ingredients into an ungreased pan. (8 X 8 or 9 X 9) Make 3 holes in the dry ingredients. In the first hole put 1 Tablespoon vinegar, in the second hole put 1 cup cold water and in the third hole put 6 Tablespoons melted butter or salad oil. Stir well. Add 1 teaspoon of vanilla and bake for about 40 minutes at 350° F. Leave in pan and ice with favorite icing. Cut in pan.

Nellie Collison

Take perfect petals - violets, roses, or accacia blossoms. Coat each petal with slightly beaten egg white. Dip petals in finely granulated sugar and place on a plate. Liberally sprinkle with sugar. Sift a little more sugar over the petals and set in a warm place near stove to dry. ("Happy decorations" a quote from H.N.) Volume I Gourmet Magazine. Example: this would be lovely as decoration for vanilla ice cream.

\$1,000 FUDGE RECIPE

1½ pkgs. chocolate bits	1½ cups nuts, chopped
1 tablespoon vanilla	¼ lb. butter or oleo

2 cups sugar 6 oz. canned milk $\frac{3}{4}$ cup

Mix and bring to a boil. Lower heat and simmer for 4 minutes. Pour over contents in the bowl and mix until dissolved. Pour into buttered pan and let stand a few minutes. Then mark in squares. (Stays fresh indefinitely in refrigerator.)

Marge Hoezel

Prepare a 9" pie shell. Bake and cool.

Wash and hull 1 1/2 quarts of Strawberries. Reserve half - (best-looking ones). Mash the remaining strawberries. Add 1 cup sugar and 3 Tablespoons of corn starch. Mix well and cook 5 minutes, stirring constantly until thickened and clear. Stir in 2 Tablespoons of lemon juice. Cool. Add remaining berries. Save 4 or 5 for garnish. Pour into baked pastry shell. Chill before serving. Top with ruff of whipped cream and garnish with berries.

Helen Walter

LEMON-LIME SOUFFLE

1 7-oz. can Lemon-Lime soda 1 3-oz. pkg. lemon Jello
(or use orange or lemon soda) 1 cup boiling water
Grated rind and juice of $\frac{1}{2}$ lemon 1 cup whipping cream,
Whipped.

Dissolve jello in boiling water. Add soda, lemon juice and rind. Chill until slightly thick. Beat until foamy. Fold in 1 cup heavy cream, whipped. Turn into 1 quart casserole. Chill until firm. Serves 4 or 5. Nice with berries sprinkled on top.

Libby Hancock

BAKED EGG FONDUE

8 slices regular bread $\frac{3}{4}$ lb. grated sharp
cubed (without crusts) Cheese
6 eggs $3\frac{1}{2}$ cups milk
salt to taste

Mix eggs, milk and salt in blender or mixer. Put in a large shallow 2 quart casserole including bread cubes. Let stand over night or 4 hours before baking. (Keep in refrigerator). Bake at 300° for a little over one (1) hour. Don't overcook. It puffs up. Serves 10.

Louise Coleman

BAKED EGG FONDUE - for smaller Casserole

6 slices bread - cubed $\frac{1}{2}$ lb. Cheese - grated
4 eggs 2 $\frac{1}{3}$ cups milk

Same procedure as the recipe above - but this time use a $1\frac{1}{2}$ quart casserole.

Louise Coleman

"THE BEST CHOCOLATE MOUSSE"

6 Tablespoons strong coffee	4 Tablespoons Cognac
8-oz. semisweet Chocolate	$\frac{1}{2}$ cup superfine sugar
1 $\frac{3}{4}$ to 2 cups heavy cream	1 Tablespoon superfine sugar
$\frac{1}{4}$ teaspoon vanilla	

Pour coffee and Cognac into a double boiler. Add chocolate and heat. After chocolate is melted, stir until the mixture is well blended. Add sugar and continue stirring until mixture is glossy. Allow to cool. Make creme Chantilly by whipping heavy cream until thick. Beat sugar and vanilla into cream. With a rubber spatula, slowly and thoroughly blend chocolate mixture into cream. Cover and refrigerate. Serves six.

Anna McNeel

COCOANUT CUSTARD DESSERT

4 eggs, separated	1 teaspoon vanilla
1 cup sugar	1 envelope Knox gelatin
2 Tablespoons flour	1 can Angel Flake cocoanut
2 cups milk	2 pkg. Dream Whip
1 15-oz. angel food cake	

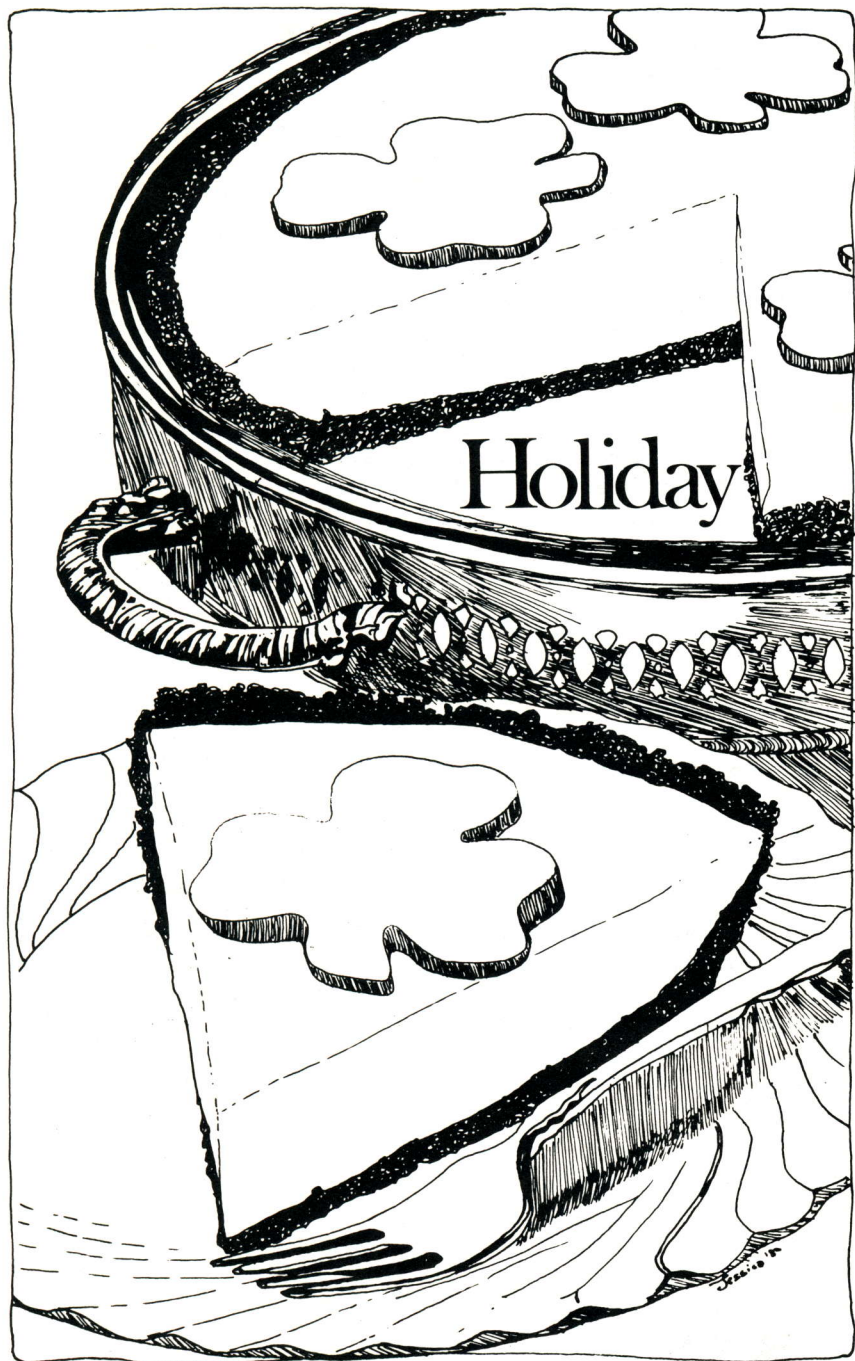
Mix egg yolks, sugar, milk, and flour; cook in double boiler until it starts to thicken. Stir and remove from fire. Dissolve gelatin in $\frac{1}{2}$ cup cold water. Add this to first mixture while it is still hot. Cool, add vanilla. Leave in refrigerator 2-3 hours.

Beat egg whites, with $\frac{1}{8}$ teaspoon of salt until stiff Whip Dream Whip according to directions on package, and add one-half of it to egg whites. Fold this into custard (first mixture).

Butter 9 x 13 inch pan. Cube cake and place a layer of cake in pan; spread a layer of custard on top; another layer of cake, and remaining custard on it.

Top with other half of Dream Whip, spread over all. Sprinkle the cocoanut on top. Cover and chill in refrigerator over night. Cut in squares and serve. (Freezes well.) Serves 20.

Edith Davis



MY CHRISTMAS DIP

$\frac{1}{2}$ cup Miracle Whip
2 pkgs. (8-oz. each) of
cream cheese
1 (4-oz.) jar pimento

$\frac{1}{2}$ cup chopped parsley
1 pkg. (6-oz.) Italian
Salad Dressing mix (dry)

Thelma Kern

HOLIDAY COOKIES

$1\frac{1}{2}$ cups sugar
2 eggs
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt
grated rind of an orange

$\frac{2}{3}$ cup shortening
 $2\frac{1}{2}$ teaspoons baking powder
2 Tablespoons orange juice
 $3\frac{1}{4}$ cups all purpose flour

Beat sugar, shortening and egg and salt at medium speed.
Add other ingredients. Roll paper thin for crisp
cookies, thicker for soft. Decorate with colored sugar.
Bake in preheated oven 350° for 10 to 12 minutes or
until done.

Helen Walter

PINWHEEL COOKIES

2 cups brown sugar
3 eggs
 $\frac{1}{2}$ teaspoon salt

1 cup Crisco
4 cups flour
1 teaspoon vanilla or lemon
extract

FILLING

1 cup brown sugar
1 cup water

$2\frac{1}{2}$ cups dates, chopped
1 cup nuts, chopped

Cook together the filling. Cool and spread on the rolled
out dough. Roll like a jelly roll. Roll in wax paper.
Cool. Slice and bake. Make two rolls for easy handling.
Preheat your oven to 350° and bake for 10 to 12 minutes.

Helen Walter

PECAN MERINGUES

3 egg whites	1 $\frac{1}{2}$ cup sugar
3 teaspoons baking powder	1 teaspoon vanilla
Anywhere from 1 cup to	
one quart pecan pieces	

Beat egg whites until soft peaks form. (Eggs should be room temperature) Gradually add sugar and baking powder to egg whites and continue beating until stiff peaks form. Add vanilla and fold in the pecan pieces. Drop by teaspoonfuls on aluminum foil and bake 1 hour in a 200° F. oven. Enjoy!

Barbara Bannowsky

BROWNIES

1 cup sugar	1/2 cup melted butter
2 eggs	1/2 cup walnuts, broken
1 teaspoon vanilla	1/2 cup flour
2 Tablespoons Cocoa	Pinch of salt

Blend sugar, melted butter, eggs and vanilla. Add flour, cocoa and salt (which you have sifted together). Add walnut pieces. Pour into a greased eight inch square pan. Bake at 375° F. for 25 minutes.

Lucy Barnes

GLAZED PECANS

$\frac{1}{4}$ lb. butter (1 stick)	3 egg whites - Dash salt
1 $\frac{1}{2}$ cup sugar	Pecans (12-oz. pkg.)

Melt the butter on a cookie sheet. Make sure your egg whites are at room temperature, then beat until soft peaks are formed and add gradually the 1 $\frac{1}{2}$ cups sugar. Coat the pecans and flatten them out on the cookie sheet. Bake for 30 minutes in 325° F. oven. Turn the pecans every 10 minutes.

Nellie Collison

STRAWBERRIES

- | | |
|---------------------------------------|--------------------------------|
| 1 large pkg. Cocoanut or | 3 small pkgs. Strawberry Jello |
| 2 7-oz pkgs. | 1 can of <u>Eagle Brand</u> |
| $\frac{1}{4}$ cup slivered or chopped | <u>Condensed milk</u> |
| Red food coloring | |

In a large mixing bowl combine all of the above ingredients Except $\frac{1}{2}$ package of Jello. Reserve this to roll "Strawberries" in. Mix the ingredients with your hands. Add red food coloring - mix in well and put in refrigerator for 1 hour. At end of hour, take out and shape strawberries and roll in your reserved jello. Put "stems" on strawberries by either using store bought green food Icing or mixing your own. Freeze.

Jean Mosteller

FUDGE

- | | |
|----------------------------|-------------------------|
| 1 cup light cream | 2 cups sugar |
| 2 squares baking chocolate | 1 Tablespoon white corn |
| Large lump butter | syrup |

Combine ingredients and cook slowly over low fire to soft ball stage. Remove from heat and add 1 Teaspoon of Vanilla. Do not beat until cool. Then, beat until thick and pour into a greased dish.

Margaret Hanby

MINT MERINGUE DROPS

- | | |
|--|------------------------------|
| 2 egg whites | |
| pinch of salt | Beat these three ingredients |
| $\frac{1}{2}$ teaspoon cream of tartar | together. |

Add $\frac{3}{4}$ cup sugar to the above ingredients and beat until glossy and the egg whites are stiff. Add Nestles Mint chips (if you can find them - if not add regular Chocolate chips and $\frac{1}{2}$ teaspoon of Mint flavoring). Color, if desired with food coloring - either pale pink or green. Drop by teaspoons on greased cookie sheet. Turn oven on to 350° when preparing and when you place the Drops in the preheated oven - **TURN IT OFF!** Your Meringues will be ready in the morning. These are also called the "Forgotten Ones".

Jean Mosteller

ELEPHANT STEW

1 medium size elephant
Brown gravy to cover

Salt and pepper
2 rabbits (optional)

Cut the elephant into bite-sized pieces. (This should take about 2 months.) Add the gravy and cook over kerosene fire for about 4 weeks at 465°. This will serve about 3800 people. If more are expected, two rabbits may be added, but do this only if necessary, as most people do not like hare in their stew.

Karen Young Talley

WITCHES HATS

Place 12 ice cream cones upright in small paper cups. Measure $1\frac{1}{4}$ cup cold milk, 1 cup heavy cream and $\frac{1}{4}$ cup of creamy peanut butter into small mixing bowl. Add butterscotch pudding mix and slowly beat for 2 minutes. Scrape sides of bowl. Let stand until set, about ten minutes. Spoon into cones and freeze until firm. Five minutes before serving remove cones from freezer and invert each on a large cookie. If desired, garnish with whipped cream and chopped Planter's Cocktail Peanuts. Nice idea for Halloween Party.

Karen Young Talley

CHRISTMAS TREE PRESERVATIVE - It works!

2 Gallons of Hot Water
2 cups Karo White Syrup
2 Tablespoons Epsom Salts
2 teaspoons Borax

Mix all of these ingredients together and pour these around the base of your Christmas tree. It will help to keep the cut tree fresher longer and you won't have as many needles all over your floor!

Jean Mosteller

SNOW MAN

1 lb. cream cheese	$\frac{1}{2}$ lb. Roquefort cheese
$\frac{1}{4}$ teaspoon caraway seeds	Dill pickles
Whole cloves	Carrot or celery sticks

Mix cream cheese with Roquefort until blended. Stir in caraway seeds. Cut 3 16" pieces of waxed paper. Fold each in half. Place some of cheese mixture in center of each, making 1 large, 1 medium, and 1 small mound. Gather together 4 ends of waxed paper of 1 mound and twist, forming ball of cheese. Repeat with second and third mounds. Refrigerate. Unwrap. Pile balls on top of each other to form snow man. Top with hat made by setting dill pickle on top. Use end slice dill pickle on top of center slice and secure to cheese with tooth-picks. Use whole cloves for eyes, nose and mouth; two celery sticks for arms.

Nellie Collison

CHRISTMAS CRANBERRY SLICES

1 No. 2 can crushed pineapple, drained	1 1-lb. can whole- cranberry sauce
1 cup commercial sour cream	$\frac{1}{4}$ cup coarsely chopped Pecans

Day before: Turn temperature control of refrigerator to coldest setting. Thoroughly combine all ingredients. Turn into ice-cube tray. Freeze until just firm. Then reset temperature control. At serving time, if mixture is too firm, remove a few minutes ahead to warm up a bit. Cut into slices. Makes 8 to 10 servings.

Nancy Whitlock

HOT EGGNOG

4 cups milk	2 eggs
$\frac{1}{4}$ cup granulated sugar	Dash salt
Rum extract to taste	Whipped cream
Nutmeg	

Heat milk. In a large bowl, combine eggs, sugar and salt; beat well; then slowly stir in hot milk. Add rum extract. Serve topped with whipped cream and sprinkled with nutmeg. Makes 6 servings. Jean Mosteller

Miscellaneous



QUICK PICKLED PEACHES

2 cans (1 lb. 14-oz. each) 3/4 cup firmly packed brown
cling peach halves sugar
1/2 cup cider vinegar 3 sticks cinnamon
1 Tablespoon whole cloves

Drain syrup from peaches. Reserve peach halves.
Combine sugar, syrup, vinegar, cinnamon and cloves.
Simmer 5 minutes. Pour over peach halves. Chill.
Drain and pierce each peach half with one whole clove.
Yield - about 16 peach halves.

Elizabeth Van Sant

MARINATED CARROTS

2 lbs. carrots 1 large onion, coarsely
1 large pepper, cut into chopped
bite size 1 can (10 1/2-oz.) tomato soup
1 cup sugar 1/2 cup salad oil
3/4 cup cider vinegar 1 teaspoon salt
1 teaspoon pepper

Cut carrots into diagonal slices or strips. Cook in
boiling water until almost tender. Drain and cool;
add onion and green pepper.

Dressing: Combine tomato soup, sugar, oil, vinegar and
salt and pepper. Bring to a full boil, stirring to
dissolve sugar. Pour hot mixture over vegetables.
Cool, then cover and chill over night or longer. The
carrots et all will keep for weeks in the refrigerator.
They also may be frozen.

Edith Davis

CURRIED FRUIT BAKE

1/3 cup butter or margarine 3/4 cup brown sugar, packed
2 teaspoons curry powder 1 #1 tall can pear halves
5 maraschino cherries 1 #1 tall can cling-peach
1 #2 can pineapple slices or apricot halves
or chunks

Day before: Start heating oven to 325° F. Melt butter;
add sugar and curry. Drain, dry, fruit; place in
1 1/2-quart casserole; add butter mixture. Bake 1 hour.
Cool and refrigerate. To serve reheat in 350° oven.
Makes 12 servings.

Jean Mosteller

SWEET AND SOUR CHERRIES

Drain 1 can Sour Pie Cherries. Cover with Cider Vinegar. Let stand 24 hours. Drain, and cover Cherries with Sugar. Let stand about 7 days. Makes about 1 pint.

Peg Hanby

PEAR CHUTNEY

5 cups fresh pears, coarsely chopped	3/4 cups raisins
3/4 cup vinegar (May use 1/2 cup, instead)	1/2 cup green pepper, chopped
1/2 teaspoon Salt	1 1/2 cups sugar
1/2 teaspoon allspice	1/2 teaspoon Ginger
1/2 cup candied ginger, coarsely chopped	1/4 teaspoon cloves
	2 sticks cinnamon

Combine all ingrediants and cook over medium heat until pears are tender and slightly thickened. Stir frequently, about 1 hour. Makes 2 pints. Spoon into clean hot jars. Seal immediately or keep in refrigerator. (I make 3-4 times the recipe at one cooking and can. I prefer a little less vinegar.)

Edith Davis

BAKED PEACH MARMALADE

12 medium yellow peaches	1/2 lemon
2 oranges	Sugar

Peel and pit peaches. Remove seeds from oranges and lemon. Put all through medium (or fine) blade of food chopper, saving all the juice. Measure fruit and juice. For each cup add 1 cup of Sugar. Stir thoroughly. Put into broad shallow pan and cook 2 1/2 hours in 325° oven, stirring occasionally so won't stick, until marmalade is clear and of proper consistency. Jar and seal with paraffin. Makes 10 or 11 half-pints.

Libby Hancock

STEWED RHUBARB

5 cups rhubarb cut into 1" pieces	1 cup sugar
	NO WATER

Cook slowly stirring until juices have begun to ooze from rhubarb and sugar dissolves. Increase heat and cook until thick. Pour into bowl or casserole and sprinkle with nutmeg. Refrigerate.

Libby Hancock

BOILED SALAD DRESSING

Beat 1 egg well and add:

- 3 Tablespoons vinegar
- 3 Tablespoons sugar
- $\frac{1}{2}$ teaspoon salt

Boil carefully until thick. Double this recipe for potat salad. Very good,

Karen Young Talley

TOMATO DRESSING

- 1 can tomato soup
- 1 can white vinegar
- 1 garlic clove
- salt and pepper
- blue cheese crumbled

- 1 can oil
- 1 can sugar
- 3 Tablespoons Worcester-shire sauce

Mix all of the above ingredients together and store in a jar in the refrigerator.

Nancy Whitlock

CATSUP -

- 1 gallon cut tomatoes
- 3 cups white sugar
- 1 stick cinnamon
- 1 Tablespoon ground mustard

- 2 Tablespoons salt
- 2 cups vinegar
- $\frac{1}{2}$ teaspoon red pepper
- 1 Tablespoon whole pickling spice

Remove the skins from your tomatoes by boiling them for about 1 minute. (The skin lifts right off). After this in a large pot put all of the above ingredients and boil all together one hour. Then strain the ingredients and add 3 Tablespoons cronstarch dissolved in a little vinegar and boil everything together for 10 minutes. Seal in sterilized jars. (One of my favorite piano student's mother gave me this old family recipe. Its very different and delicious!)

Jean Mosteller

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Crosstalk

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